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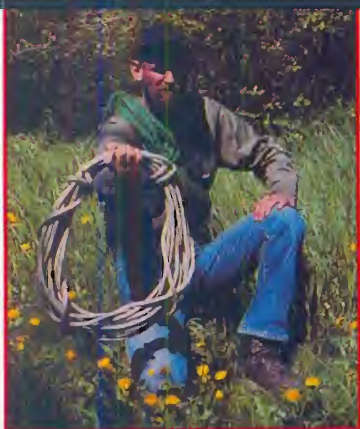
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DECEMBER 1991 VOL. 13 NUMBER 12
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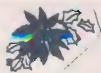
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SEE PAGES 52-53



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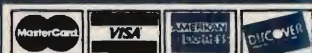
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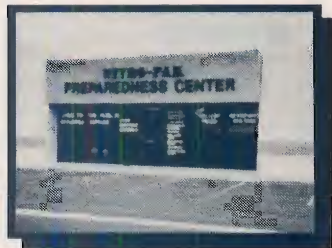
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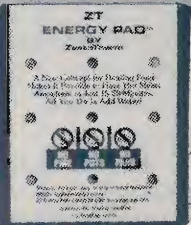
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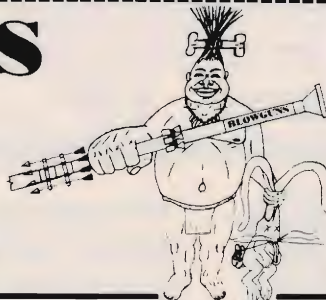
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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

DECEMBER 1991 VOLUME 13 NUMBER 12

COVER:
The new Benelli M3 Super 90 12 gauge pump/semi-auto shotgun. See page 24
(Photo by Scott Stoddard).

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TO THE POINT

Will the courts protect our firearms freedoms? . . .

AS I write this, the gun owners of this nation are facing massive legislative assaults on their freedom.

The sheer volume of anti-firearm-ownership legislation on the federal, state and local levels has been staggering the last couple of years.

While pro-gun forces, led by the National Rifle Association, have beaten back some very bad proposed laws, the socialists and their followers simply resubmit the "gun control" ("gun elimination" would be more appropriate) bills in the next legislative sessions and with constant media propaganda these bills gain ground, some are being passed and made law.

In Congress there are terrible bills pending which would outlaw manufacture, sale and possession of common semiautomatic firearms which have been around for many years in this country, outlaw 9 millimeter, .32 and .25 caliber ammunition, and create a Big Brother-like national gun registration system, among other things.

Here in the People's Republic of California, despite massive non-compliance with the infamous *Roberti-Roos Assault Weapons Control Act of 1989*, State Senate President Pro Tem David Roberti of West Hollywood has managed to ram through a "clean-up" bill which greatly expands the number of banned guns in the original Roberti-Roos bill. The new Attorney General Dan Lungren had announced that the 1989 law was unenforceable since it was so flawed. The new "clean-up" bill clarifies the language of the original bill and greatly expands the number of guns specifically outlawed

while at the same time giving gun owners who failed to register their weapons another three months to do so before facing serious felony charges if they do not and are caught. Of the estimated 300,000 "assault weapons" requiring registration in the original legislation, only about 10 percent were actually registered by the deadline. Of those — about 19,000 — their owners' names were fed into law enforcement computers and now are identified to police, responding to their homes for any reason, as assault weapon owners with the specific weapons possessed named to police.

The new "clean-up" legislation is on Gov. Pete Wilson's desk awaiting his signature at this writing. I'd like to be pleasantly surprised, but this man has always voted for or approved of all anti-gun-ownership legislation he has been involved with that I know of—at least in recent memory. He also has other anti-gun bills on his desk including one to require handgun owners to take and pass a "safety" (apparently to be devised by local law enforcement authorities) course before purchasing a handgun.

The socialists, their admirers and followers among us who largely control the national media, are prominent in our colleges and universities, and who dominate the Democratic Party — which controls Congress and many state legislatures, including California's Legislature—appear to be making an all-out effort to see to it the gun freedoms heretofore taken for granted in the U.S. are severely restricted or eliminated.

The courts of the nation are beginning to get lawsuits over many of these anti-gun laws being passed. I'm told there are currently three lawsuits to overturn the Roberti-Roos law in California. And a federal court is about to consider a citizen's lawsuit to establish that the constitutional right to bear arms is indeed an *individual* right.

While there have been some pro-gun-ownership victories in these matters, I do not have a good feeling about our prospects in the courts. Judges, after all, come from the fraternity of

lawyers who run much of the country and who are strongly influenced by the universities and the media.

The head of the American Bar Association has gone on record embracing strong gun control measures.

In California a federal judge asked to overturn the Roberti-Roos law on a number of legal points quickly threw the case out. Asked to reconsider his decision, he did the same thing again. His decision is being appealed. Earlier, the state Superior Courts refused to act on legal moves to overturn local and county government bans on "assault weapons" which, according to a 1969 state law, usurped the powers of the state government.

The U.S. Supreme Court will likely sooner or later be asked to rule on more than one important gun rights case. Its decisions could be devastating for firearms freedoms. It has in the past shied away from firearms rights cases and has only made three rulings on Second Amendment matters. Anti-gunners claim these rulings support their cause.

I have long been calling for American gun owners to wake up to the massive anti-firearms-ownership propaganda push in the nation's mass media. If the socialist-dominated/leaning media people were not so in favor of firearms restrictions and bans such legislation wouldn't have much chance of being passed. Their powerful propaganda is bound to affect the courts — at least some of the judges.

Most Americans want to believe in the ultimate fairness and justice of their government (local, state, national). The courts, as part of the government, are often the last resort for justice short of new legislation. In light of some recent judicial decisions involving guns here in California and elsewhere, I'm not assuming that the courts will automatically protect our rights.

Gun owners must become more active politically in the years to come to have a say in passing of laws affecting our gun rights or face the end of legal firearms ownership in this country — *Jim Benson*.

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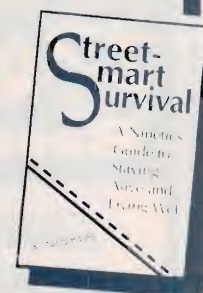


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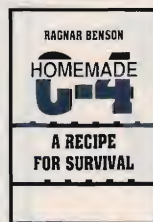
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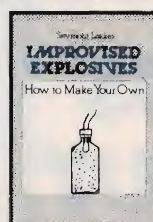
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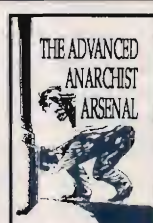
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SURVIVAL LINE

U.S. weather satellite coverage crisis, report says Americans living longer. . .

THE United States currently has only one working weather satellite in orbit.

That satellite, known as GOES-7, (Geostationary Operational Environmental Satellite), is reaching the end of its predicted operational life-span. Further, it will most likely run out of fuel sometime in early or mid 1992. If that happens the nation could find itself without continuous weather coverage for the first time since the early 1970s.

The loss of GOES-7 would mean that American meteorologists would not have access to the satellite photographs which are used to track major storms and hurricanes. Government officials have said the failure of GOES-7 at this time would be a national emergency.

The GOES-7 satellite had been scheduled to be replaced in 1989 by the first of the next generation of U.S. weather satellites, the GOES-NEXT. However the GOES-NEXT program has been plagued by cost overruns and problems with a number of its sensor systems. NASA has tentatively scheduled the first GOES-NEXT launch for the end of 1992, but many experts believe that it may be well into 1993 before that launch occurs.

Earlier this year a Senate subcommittee urged President Bush to declare the situation a national emergency and to use up to \$110 million in already authorized emergency funds to reopen the production lines of the original GOES fleet.

Experts are studying various proposals to bridge the potential gap in U.S. weather satellite coverage. One proposal would allow the U.S. to borrow or lease a European weather satellite known as Meteosat-3. That satellite has already played a vital role when, last August, it was used to track Hurricane Bob as it moved up the East coast of the U.S.

Another proposal calls for the U.S. to buy a weather satellite which is currently being built for the Japanese by the Hughes Space and Communica-

tions Group in El Segundo, California. That satellite could be launched in early 1992.

A third proposal calls for creating a network of weather satellites out of the low-altitude polar-orbiting satellites currently used by the Defense Department. Such a network however would not be able to provide continuous coverage of the entire nation.

U.S. Life Expectancy Data — The federal Department of Health and Human Services has released its annual report on the life expectancy of Americans.

The report shows that an average American born in 1990 can be expected to live to 75 years and 5 months, an increase of 2 months from the previous year. Black men born in 1990 have a life expectancy of 66 years which is an increase of 10 months over the 1989 statistics and 13 months over the 1988 statistics. Black women born in 1990 have a life expectancy of 74 years and 6 months, half a year longer than the 1989 life expectancy. White males born in 1990 can expect to live to 72 years and 7 months — no change from the 1989 figures. White women continue to have the longest life expectancy of all groups in the U.S. For those born in 1990 the life expectancy was 79 years and 4 months, an increase of 2 months over 1989.

Some of the other statistics in the report: Heart disease remained the leading cause of death in the U.S. 725,010 people died of heart disease in the U.S. in 1990.

— 25,700 people were killed in homicides in 1990, up 12 percent from 1989.

— AIDS killed 24,120 in 1990, a 13 percent increase over the previous year.

— A total of 2,162,000 people died in the U.S. last year from all causes combined.

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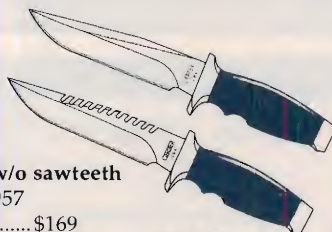
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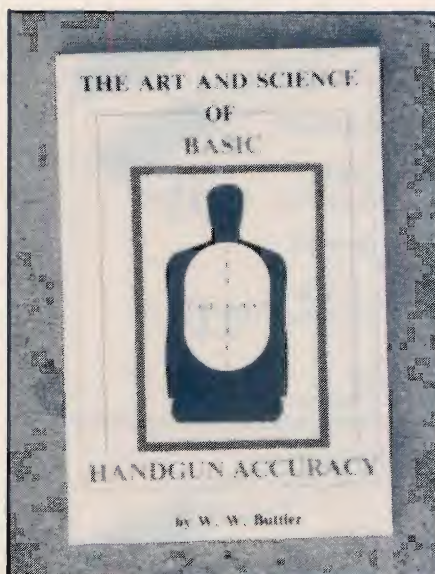
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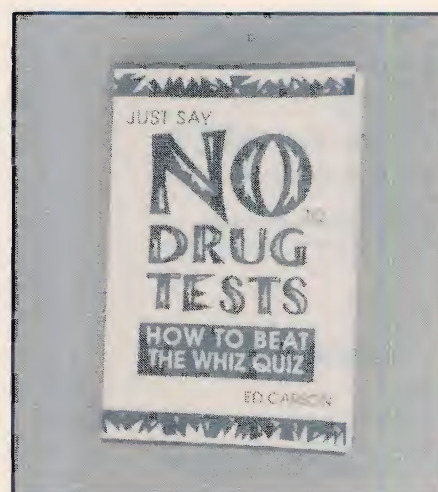
BOOKS/VIDEOS



The Art and Science of Basic Handgun Accuracy, by W.W. Buttler. Alpha Publications of Ohio, P.O. Box 308, Dept. ASG, Sharon Center, OH 44274. Softcover, 80 pages. \$10 plus \$3 shipping and handling.

This book is dedicated to a singular task: to provide some of the finest instruction in handgun accuracy and combat techniques. It is directed to both the new shooter who needs to find his way through "old wives tales" about how to be a great pistol shooter and the intermediate shooter who by forgetting or leapfrogging basic skills now finds himself in a trough, unable to progress beyond a mediocre level. Chapters include "Safety at Home and on the Range", "Out of the Box", "The Grip", "Sight Alignment", and "Recoil Acceptance and Control". An important chapter for examining your mistakes is "Target Analysis", and a chapter on "The Stance" shows you basic positioning of the arms, legs and feet while shooting. The author, W.W. Buttler, is a 15 year law enforcement veteran, currently a U.S. Federal Air Marshal. He is NRA, FBI, State of Missouri and federally certified as a Firearms Instructor, and a member of the American Society of Law Enforcement Trainers.

Just Say No to Drug Tests, by Ed Carson. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (800) 392-2400. Softcover, 48 pages. \$10 plus \$3.50 shipping.

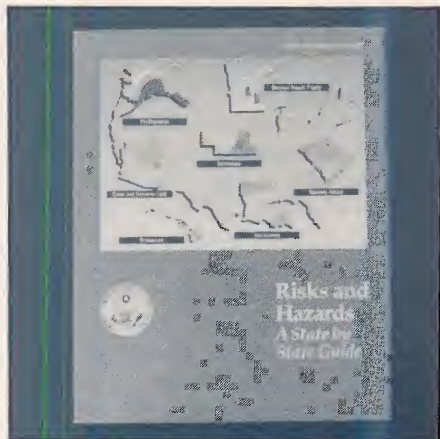


Is there any way to fight back against this blatant violation of human freedom and dignity? There are horror stories of people losing jobs, pensions, and benefits because of false-positive drugs tests. Why? Because most drug tests are not 100 percent accurate. Author Ed Carson, who served as the substance abuse coordinator for a large U.S. military base, knows not only how the tests are done, but how to beat them. He did it successfully for eight years. This book details the exact methods for countering drug tests of all types. Carson himself passed more than 150 tests using the very measures revealed in this book. ASG does not advocate the use or misuse of illegal or prescription drugs, however, your employer doesn't own you 24 hours a day, and what you do on your time is your business. This book will show you how to preserve your lifestyle and keep your job.



Too Close For Complacency, Nonsense Combat Survival Skills, by Julio Santiago & Darrell Mulroy. JAS Incorporated, Dept. ASG, P.O. Box O, Rosemount, MN 55068. Softcover, 144 pages. \$10.95 plus \$2 shipping and handling.

Although we live in violent times, few officers will ever have to fire their weapons in the line of duty. That doesn't mean line officers can afford to be complacent about their combat skills. The authors state, "There are a lot of books and articles on survival. Sadly, many of them have been created by so-called experts who have only theories to sell based on quasi law enforcement careers that never took them into the inner streets." That's what makes this book unique. The authors have been involved in gun-fights. They have had to fire their weapons, and they have been shot and wounded in the line of duty. The fourteen chapters cover a wide range of subjects including: "Professional Risks", "Courage: What is it?", "Image, Visibility & Danger", "Suspect Search—Do it Right", "The Police Shotgun", and "Getting Back to Combat Basics". The authors stress, "It is important to remember in any armed confrontation that you are involved in — if you do everything right and have all the right equipment, your chances of staying alive are still only 50-50."



Risks and Hazards, A State by State Guide, FEMA-196. Produced by the Federal Emergency Management Agency, 500 C Street SW., Washington D.C. 20472; (202) 646-3484. Softcover, 130 pages. No charge.

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(Continued on page 43)

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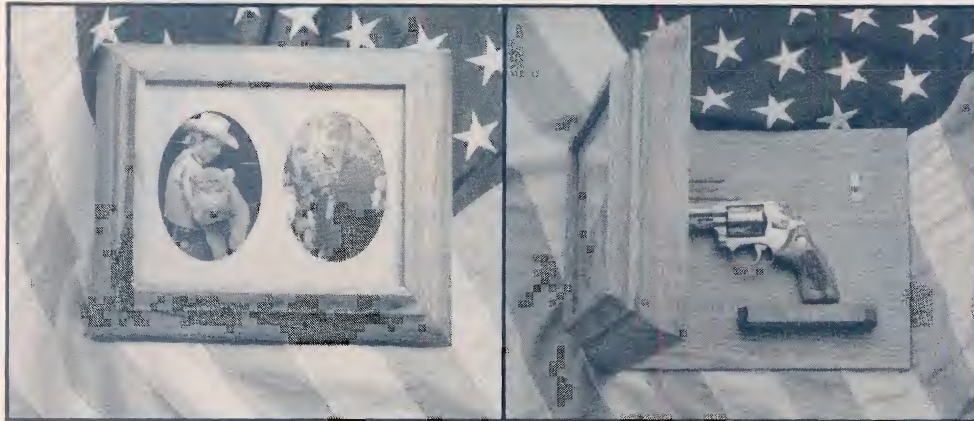
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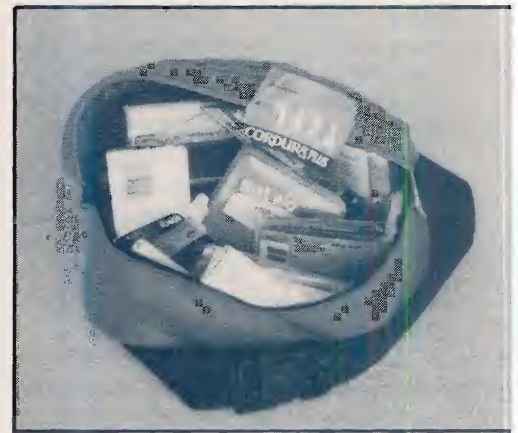
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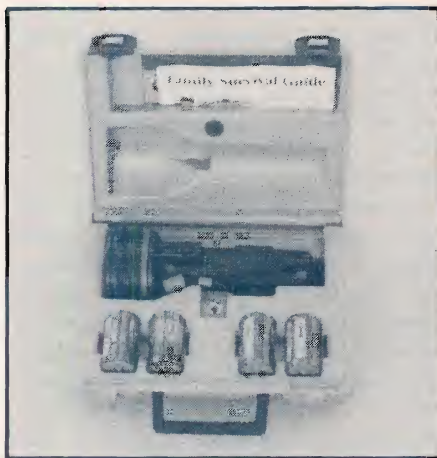
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For just pennies a day, gun owners can now protect their valuable equipment from rust and corrosion by using the same product used for years by automotive and heavy equipment manufacturers, transportation companies, builders and the shipping industry. E.N.I. Distributors is now offering

Zerust vapor phase corrosion inhibitors to gun enthusiasts. The only product of its kind, Zerust protects guns stored in cases, cabinets, and safes for up to two years. Not a desiccant, self-contained Zerust capsules are simply placed inside any type of gun case or enclosure; for the next one to two years a vapor permeates every gun or metal object present, passivating all surfaces. The vapor is odorless, invisible and non-toxic. It takes just seconds to install a Zerust capsule. Simply peel away the capsule's adhesive backing and affix to any surface inside your gun case or safe. Close the door and Zerust protects your guns with no further effort. A three pack sells for only \$19.95 plus \$2 postage and handling. E.N.I. Distributors, P.O. Box 433, Dept. ASG, Island Park, NY 11558; (516) 897-5439.



CODE RED Emergency Lighting Kit

CODE RED batteries work fine when you use the recommended PR2 flashlight bulb in your flashlight. (See page 38 for our latest test). We were unaware in the August ASG issue that Krypton bulbs are not compatible with CODE RED batteries. To ensure that you will always have a reliable, portable light source close at hand, CODE RED batteries are offered as a part of a complete emergency lighting kit. Great for car, office or home, the kit comes in its own protective storage case and includes four CODE RED batteries (two as spares), a fully weather-proof, heavy duty flashlight with a rubberized sure grip body, a spare PR2 bulb, and a reorder form for additional batteries. Also included is an American Red Cross Family Survival Guide booklet containing 50 pages of information for survival during hurricanes, earthquakes, blizzards, fires and chemical spills. \$29.95 plus \$4.95 shipping each. CODE RED Emergency Lighting Kit, P.O. Box 7912, Mt. Prospect, IL 60056; (800) 395-7000, ext. 19.



Gunny Ragg Products

Gunny Lube is a blend of lubricants which enhance the appearance and performance of any firearm and protect the bluing from dirt, dust and those terrible acids in perspiration. Gunny PTO is a powder solvent and bore cleaner. Like Gunny Lube, Gunny PTO contains Teflon, and helps remove powder residue from stainless steel revolvers and automatics. Gunny Rag is a soft all-cotton flannel cloth, 11x22 inches impregnated with another solution also containing Teflon. Gunny Rag will keep guns clean and dust free after a hard day in the field. You can buy a kit with these products for only \$6.25 plus \$2.75 shipping and handling. Gunny Ragg Products, 1027 Elk Street, P.O. Box 2696, Dept. ASG, Rock Springs, WY 82902; (307) 362-7626.

AlpineAire Sampler

AlpineAire, the maker of quality no-cook and freeze dried storage foods, has a new sample pack that comes in a bright red, two gallon plastic pail. The sampler contains enough food for two people for a weekend outing or can be used as a four to five day emergency food supply for one person. You'll find included in the kit: Mountain Chili, Leonardo da Fettuccine, Chicken Rotelle, Turkey, Garden Peas, Sweet Corn, Cheddar Cheese Powder, Tomato Powder, Strawberries, Apple Almond Crisp, Blueberry Honey Granola and Milk, and Egg Mix. Net Weight is 2 lbs, 11 oz. Regular list

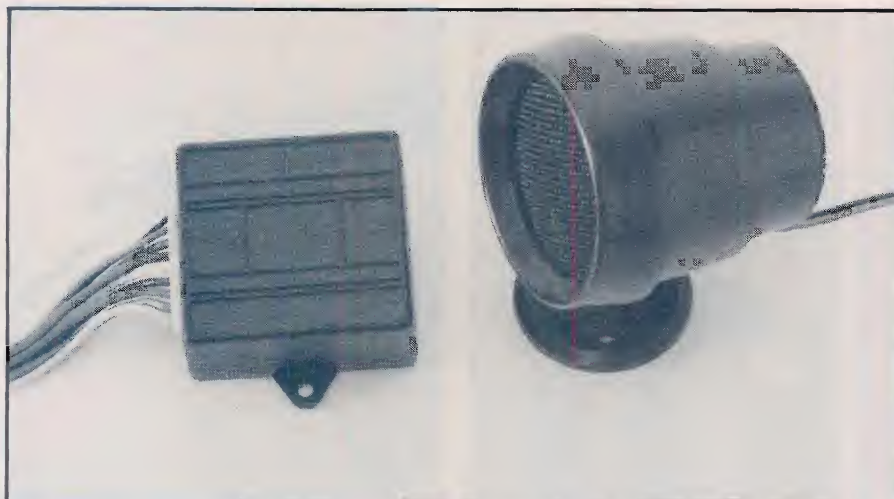


The Ultimate Bipod

The new B-Square Bipod is low profile and is designed for easy-on easy-off installation with "tension leveling." The bipod clamps to the barrel or to the forend sling swivel. No gunsmithing, or stock alteration is needed. There is also a ramrod hole for SKS and similar guns. The bipod barrel clamp fits SKS, AK-47, AR-15, Mini-14, M1 Carbine and 10/22s. The bipod sets up quickly — simply pull out and lock down. When not in use the legs fold up close against the stock for a clean profile. \$59.95. B-Square, P.O. Box 11281, Dept. ASG, Fort Worth, TX 76110; (800) 433-2909.

price is \$49.95. NITRO-PAK's special ASG price is \$38.95 plus \$7.95 shipping. NITRO-PAK Preparedness Center, 13243 Rosecrans Avenue, Dept. ASG, Santa Fe Springs, CA 90670-4940; (800) 866-4876 or (213) 802-0099.

NEW PRODUCTS



Steal Stopper Voice

You may have seen our article on the Steal Stopper vehicle anti-theft/ alarm system line (July 1991 issue,

page 22). This is a remote control electronic alarm system which prevents the vehicle from being started unless deactivated by the owner. Now Directed Electronics, Inc., manufacturer of the Steal

Stopper line, introduces "Steal Stopper Voice," the next generation of warning devices. Steal Stopper Voice is a custom voice synthesis chip amplified by more than 20 watts of power, although it consumes almost no power at stand-by. It's easily installed and here's what it says, loud and clear: "Steal Stopper armed"; "Steal Stopper disarmed"; "Protected by Steal Stopper, stand back" (when the vehicle is tampered with). The messages are unmistakable; the security is nothing less than revolutionary. Steal Stopper Voice is installed by simply programming the system's chirp off and adding the Voice module and speaker. Suggested retail price is \$132. For more information, contact your authorized Steal Stopper dealer, or DEI's toll free Consumer Information line at (800) 274-0200.



Keychain Batons

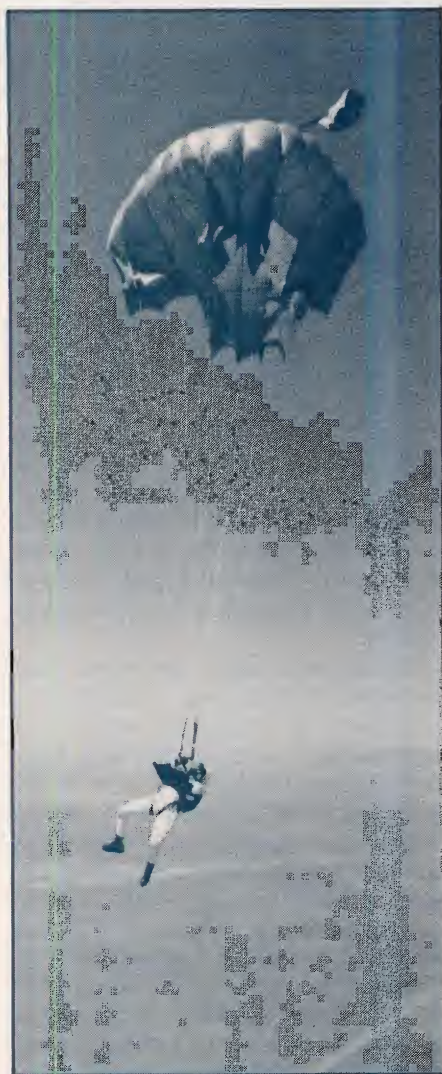
The Persuader Batons from Cutlery Shoppe come in steel and aluminum models. Persuader batons are six inches closed and whip out to nine inches extended. Each baton includes a pair of key rings and can be used in reverse position to whip keys in the face of an attacker. The aluminum model weighs 2.5 ounces and sells for \$16.80. The steel model is about double in weight at 5.7 ounces and sells for \$18. Cutlery Shoppe, 5461 Kendall Street, Dept. ASG, Boise, ID 93706-1248; (800) 231-1272 or fax (208) 376-7608.



Zodiac Commando Futura F 470

Zodiac of North America has announced that the same inflatable landing craft used in the amphibious landing by the U.S. Navy Seal Teams, Army Special Forces and Rangers, Marine Recon groups, the Air Force Special Combat Teams and other special operation groups in Grenada, Panama and the Persian Gulf War are now available to non-military buyers. The Commando Futura F 470 is 15 feet, five inches long and has a capacity of over 2,800 pounds. That translates into

eight to 10 combat outfitted soldiers or the same number of recreational SCUBA divers. The F 470 will handle outboard motors up to 65 horsepower and can achieve speeds in excess of 35 knots. With features like automatic CO2 inflation, self-deploying floors and special color and cosmetics, the retail price is about \$8,500. A comparable consumer version without certain specific military equipment retails for about \$4,700. Zodiac of North America, Inc., P.O. Box 400, Stevensville, MD 21666; (301) 643-4141 or fax (301) 643-4491.



Beta QAC Emergency Parachute

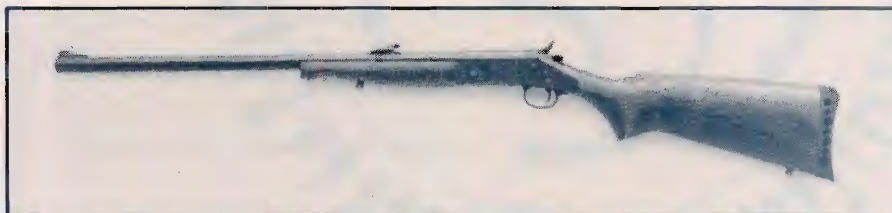
Many military transport and cargo aircraft are routinely operated in conditions (combat and otherwise) that make the availability of emergency parachutes highly desirable. However, the cockpit and interior arrangement of many of these aircraft make the use of a conventional backpack parachute difficult or impossible. The Beta QAC Emergency Parachute is modern, quickly attachable, and chest mounted with a lightweight, comfortable harness. The harness is worn at all times and the pack can be left stowed in a convenient location ready to be snapped onto the harness when needed. Butler Parachute Systems, 6399 Lindberg Blvd., Dept. ASG, California City, CA 93505; (619) 373-4991 or fax (619) 373-2730.



BakePacker

Simply put the BakePacker in your pot, add an inch of water, mix ingredients in a good quality plastic bag and then place bag on BakePacker. Cover the pot and simmer for 5 to 20 minutes. You can bake a variety of muffins, cakes, biscuits, pizza, etc., and end up with no pots to scrub or clean.

Two sizes available: Ultralight bakes $1\frac{1}{2}$ cups of mix and serves two. Fits six to seven inch pot. \$18.50. The Standard bakes four cups of mix and serves five. It fits in $7\frac{1}{2}$ inch pots or larger. \$19.50. Recipe book is included. Contact: Blue Island, 771 Fredrickson Road, Dept. ASG, Sedro Wooley, WA 98284; (503) 899-1436.



12-Gauge Rifled Slug Gun

New England Firearms has introduced a 12-gauge rifled slug gun that combines accuracy, power, and American-made value. This new gun is currently available in dealers' stores throughout the country. The 24-inch rifled barrel yields greater accuracy

than conventional shotgun barrels at distances of up to 100 yards. The gun also features adjustable rifle sights, sling swivel studs, transfer safety bar and low-lustre walnut-finish stock and forend. H&R 1871, Inc., Industrial Rowe, Dept. ASG, Gardner, MA 01440; (508) 632-9393 or fax (508) 632-2300. ●

Types A, B, C:

The Flu

The once and future plague...

By Bennett Viken and Robin Sutton

OVER half a million Americans died in just 10 months in 1918. No German shell or bullet passed within thousands of miles of them. They were all killed by a microscopic sphere of living matter only 1/10,000th of a millimeter in diameter.

Worldwide, 22 million fatalities were recorded — nearly as many as the 25 million caused by the Black Death, bubonic plague, in Europe in the 700-year period called the Middle Ages.

Americans weren't the only people to suffer and die: 200,000 succumbed in England; 25 percent of Samoans died; in some Eskimo villages everyone died; and in India train schedules

were upset because of the long delays when corpses were removed. What was stunningly overwhelming was the speed with which it struck and spread.

In March, 1918, a mess cook in Fort Riley, Kansas, reported for sick call with a fever and chills. Similar incidents were reported in southern Manchuria at the same time. The disease spread quickly in the fertile breeding grounds of training camps and packed troopships. The first wave of disease was so mild it inspired the medical quip, "Quite a godsend. Everybody ill, nobody dying."

The flu spilled off the troop convoys onto the shores of France, and then

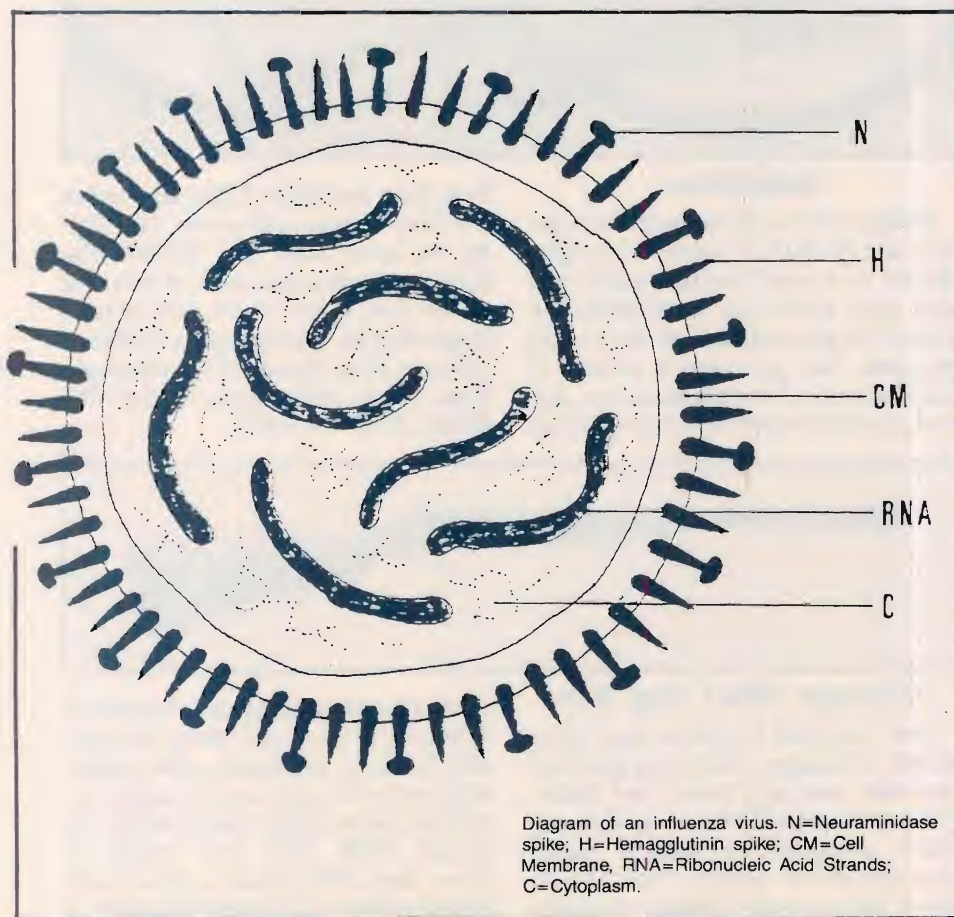
spread swiftly over most of Europe. That autumn something happened to it. At first, the change was believed to have taken place in Spain where 8 million Spaniards died, but many scientists now believe the transformation took place on a much wider scale. Still, the disease was branded the "Spanish Lady."

The "Lady" spread like wildfire with unbelievable virulence. In Rio de Janeiro one man asked another where the streetcar stopped, thanked him and toppled over dead. On a Cape Town tram seven riders including the conductor and driver died in a three-mile stretch.

The Spanish Lady was more than fast, she was distinctive. Purple blisters formed on the oxygen-starved skin of her victims. In some, pulmonary hemorrhage sent projectile jets of blood rocketing from their nostrils. Others coughed up pints of yellowish-green pus. Pathologists found the lungs of the dead reduced to a jelly-like mush.

Although the pandemic of 1918 was particularly deadly, the disease was nothing new. Our first record of influenza was recorded by Diodorus Siculus writing of an epidemic that swept through the Athenian Army in 415 B.C. Mary, Queen of Scots, survived a bout. Its name, "influenza" dates to 1504 and an Italian study that determined its cause to be *influenza coeli*, influence of the stars. Later the name was changed to *influenza di freddo* to reflect the new belief that it was caused by the cold.

The true cause was not determined until this century when improved equipment and scientific techniques revealed the round, spiked virus that develops three distinct types of flu — A, B and C. A is the strongest, responsible for the most deaths. Type B is less virulent but more prevalent in school-aged children. Type B does, however, appear to be the single major cause of Reye's Syndrome, a rare degenerative disease of the brain, liver and kidneys, with a 25 percent death rate among its young victims. Reye's



Syndrome appears to be triggered by aspirin. Type C is an extremely rare offshoot of a yet milder form.

The virus itself is covered by two kinds of spikes. Two thirds are H (for hemagglutinin) type, which match and latch onto protein molecules on the surface of the respiratory cells they invade. N (for neuraminidase) type spikes, the remaining third, contain an enzyme that prevents clotting with other virus cells and can dissolve the mucus coating of the respiratory membranes. The spikes are important because their chemical codes become antigens crucial to the workings of antibodies. The antibodies have their own chemical codes enabling them to bond to the antigens, serving as a muzzle on the mad dog of virus and permitting the body to eliminate the germ while it is held helpless. Only the H spike is used as an antigen: when it is capped by an antibody, the virus cannot enter the respiratory cell and cause flu. However, to prevent the infection, the antigen and antibody must be of an exact chemical match.

Within the cell itself are protein cytoplasm and eight strands of ribonucleic acid (RNA). These eight strands (as opposed to a single strand in the cold virus) carry the genes which provide the flu virus many opportunities to mutate and thereby slip the noose of the antibody bonds. A small mutation called a "drift" creates a variant type of flu. A big change called a "shift" creates a whole new subtype. Flu subtypes are identified by numbering the spikes of the virus. H1N1 can become H2N1 or H2N2 and so on and on. These mutations can make the flu a "new" disease every year.

Flu Defense — Our natural defense against the flu is the antibody which is created in response to the flu virus. The defense is the same whether the antibody is created by a response to the disease or by vaccine. If a shift in the flu virus has created a new subtype, our antibodies may provide no defense against what is essentially a new virus. If a small change, a drift, creates only a minor variation, your antibodies may provide you with some protection. Sometimes a virus will mutate into an old code. When this happens, older folks with antibodies from previous infections will have the advantage.

If the virus is not stopped by an antibody, it will penetrate the respiratory cell wall, spilling its RNA (ribonucleic acid) strands into the respiratory cell's

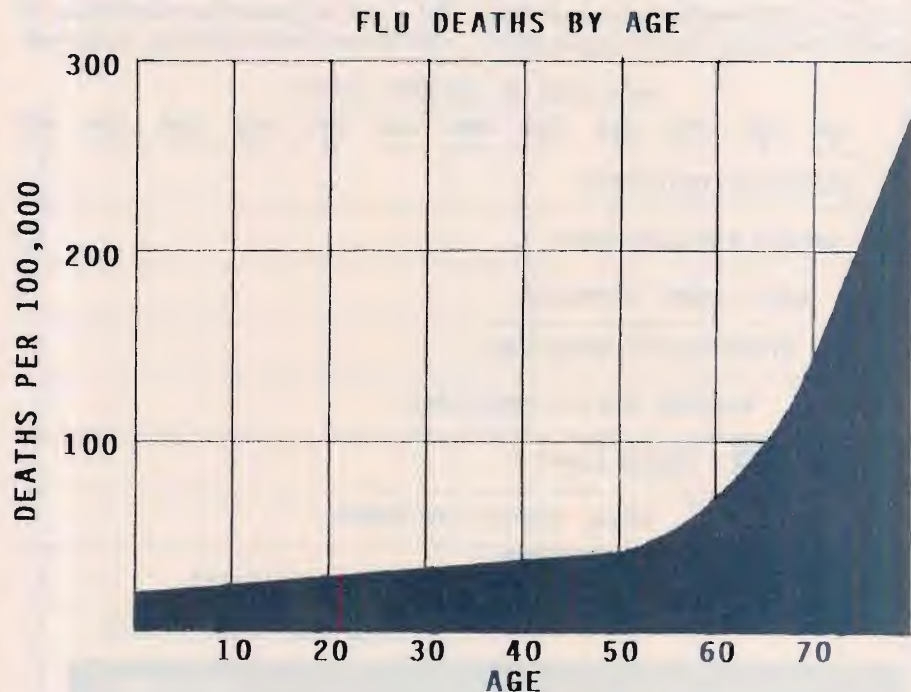
cytoplasm. The RNA invades the cell's nucleus and causes it to manufacture as many as 1,000 viral offspring. The virus reproduces at astronomical rates, and mutation is always possible. However, the reproductive activity does itself trigger a natural defense when the respiratory cells under attack produce interferon, which penetrates other cells and stimulates the production of anti-viral proteins that block the commands of the virus and stop its take over.

Since Alick Isaacs discovered interferon in London in 1957, scientists have been excited by the possibilities it presents for alleviating the symptoms

virus have been found in bird feces; in some cases the birds are only carriers, transporting the virus without suffering the respiratory infection. Although nothing has been proven, such discoveries support the idea that the virus originates in "the great silent spaces" of China and Siberia, home to great herds of beasts and the summer destinations of migratory birds.

Although our knowledge of the flu virus, its mutations and origins is relatively new and still subject to revision, we are familiar with the suffering it brings.

Symptomatically and pathologically, influenza is closely aligned with the



Mortality rates increase dramatically with age.

of many viral diseases. Unfortunately, 90,000 pints of blood, the amount donated annually in a large city, will produce only 10,000 pints of the material from which .014 ounce of interferon can be refined.

The flu virus also attacks other mammals and birds, in many cases hybridizing and crossing over to infect man. The virus adapts to cross species boundaries, jumping from birds to mammals. In 1918 an epidemic of swine flu paralleled man's pandemic. Elk and bison herds have suffered outbreaks. Flocks of chickens have been decimated. Sheep in England have suffered with flu, and horses worldwide have been victims. Man passes the virus on to his dog, but there are no recorded cases of the dog passing a virus back to his master.

Some speculate that flocks of migratory birds spread influenza. Viable

common cold. The differences, however, are profound. Flu is a hard hitter; onset is severe and abrupt, frequently marked by a fever of more than 100 degrees Fahrenheit.

In extremely virulent outbreaks, like 1918's, some died from the shock of the onset. More frequently, we recognize the flu by the severity of our suffering. The aches in muscles and joints are much more severe than those accompanying a cold. The cough is dry and hacking, usually, although there may be no cough. More than half the time, the eyes are sore and burning. Chills often accompany the fever, and you may have a flushed face and hot, moist skin.

Although you may feel nauseated, there is no such disease as "stomach flu." Diarrhea may occur in children, but it is extremely rare among adults.

The Flu

Perhaps the worst characteristic of the flu is the prolongation of weariness, depression and general malaise that may continue for weeks following "recovery."

The sudden, vicious onset of symptoms dictates the best treatment: go to bed and stay there. The virus usually completes its cycle of rapid replication in two or three days, the time you'll feel the sickest. Then, take it easy for a couple of weeks of convalescence.

In most cases what you feel like doing is a good indication of what to do. If you try to push your body beyond what it feels like doing, you may open your-

those with the complication of pneumonia suffered these losses. These losses were seldom seen in later epidemics. Because the virus is known for its frequent mutations and rapid spread, we do feel everyone should be aware of these dangerous potential complications. Do remember that influenza, like other viruses, does not respond to antibiotics.

Prevention — There are prophylactics. The gauze masks seen in so many photos of the 1918 pandemic were useful — not in preventing contraction of the disease but in limiting its spread.

Although the flu may strike at any time of year, it is most prevalent in the fall and winter, recalling its second Italian name — *influenza di freddo*. Actually, flu is most prevalent indoors. The virus dies when exposed to ultraviolet light or high temperatures. It survives for long periods at temperatures below freezing. Fresh air and sunshine are safer than indoors. Avoid touching surfaces exposed to the public, such as lunch counters, condiment containers and vending machines. The dry virus can even be passed along with a handshake.

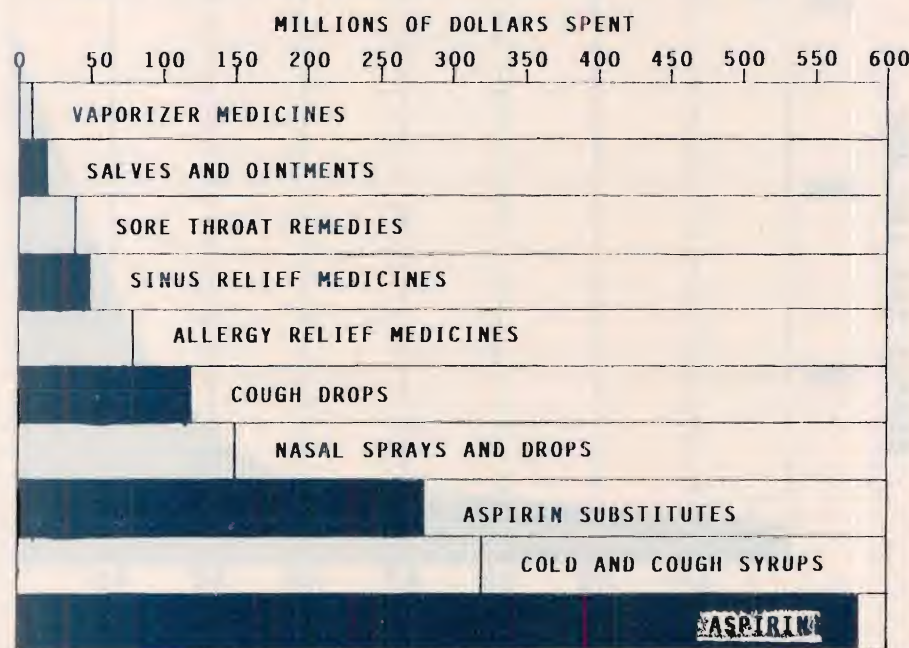
Everyone needs to be aware of personal hygiene. Always cover your mouth and nose with a handkerchief or tissue when coughing or sneezing and insist that your friends, family and co-workers do the same. Establish at least some level of quarantine for the sick. Be careful to disinfect all utensils and bedding before allowing anyone else to use these items.

At the beginning of each flu season, you must decide whether to be vaccinated or not. It is not an easy decision. In 1976 three elderly persons in Philadelphia died of Guillain-Barre Syndrome, a condition which 12 out of every million may contract. Sometimes referred to as French Polio, GBS may cause paralysis or death.

There are two basic types of serum. The more familiar is the "killed virus" type. Dead virus obtained from a culture of chick embryos and injected. This stimulates the body to produce antibodies. Sometimes a live virus is used. Live virus is cheaper because less is used, and it confers almost immediate protection. It is usually administered by nasal atomizer or drops. The major disadvantage of the live virus is that it may cause a bout of the flu. Live virus is also trickier to produce. It is attenuated by being made sensitive to temperature. The live germs can live in the cooler nasal canals but soon die if they travel towards the warmer lungs. Because live virus can cause flu, it is not recommended for anyone with serious medical problems.

Despite the slim chances for vaccine complications, certain people are at high risk and should be vaccinated: people with hay fever or other respiratory allergies, students and teachers, factory workers. Flu shots are a must

(Continued on page 20)



Amounts spent by Americans for non-prescription medicines in 1979.

self to complications that are far more serious and perhaps deadly. People with heart, kidney or lung problems are already at risk.

In children high fevers may lead to convulsions. Bacterial pneumonia is serious and life-threatening, while viral pneumonia, which does not respond to antibiotics, has a mortality rate of 75 percent. One of the first signs, a heliotrope (reddish-purple) lip color, announces that the virus is hard at work turning your lungs into sopping blood bags, leaving you little or nothing with which to breathe.

Pregnant women may be endangered by the flu. In 1918, 26 percent of pregnant women with the flu experienced spontaneous abortion, stillbirth or premature labor. Fifty-two percent of

People with a natural immunity can and do serve as breeding repositories for the virus. A person coughing or sneezing, whether sick or carrying the virus, can spray a huge number of particles through the air. The sneeze or cough causes a "shedding" of infected particles of sputum, waste cellular matter and so on that dries quickly and then hangs suspended in the air to be spread with every breeze. When the dried particles are inhaled, a new infection begins. Wearing a mask that seals itself around the outside of the face making an airtight fit over the mouth and nose can prevent the spread of the flu virus from the person wearing the mask. Masks used in industrial applications are sufficient. Because few people with the virus wear such masks, it's a good idea to avoid crowds and public places during flu season.

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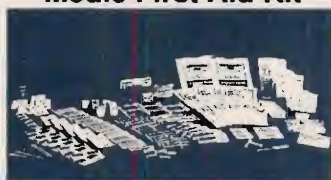
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Contents: OD compartmentalized nylon carrybag, Adhesive strips, Adhesive spots, Adhesive ex. large strips, Adhesive fingertips, Adhesive knuckle, Small butterfly, Large butterfly, (2x3) Sterile pads, (3x4) Sterile pads, Transpore tape, Micropore tape, Providine iodine preps, BZK towels, Ammonia inhalant, Bacitracin, Pain relief tabs, Alcohol preps, Rolls each (2", 3", 4" gauze) Each (2x2, 3x3, 4x4 sponges), Eye pads, (5x9) ABD pads, Instant ice pack, (4 oz.) Sterile eye wash, (3") Elastic bandage, Safety pins, Thermometer, Tongue depressors, Triangle bandage, Tube first aid cream, Each (sm, med, lg exam gloves), Bandage scissors, EMT shears, Tweezers, Bar of soap.

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1	1	Water purification tablets (bottle of 50)
1	1	Tri-wing stove
1	2	Box(es) of trioxine fuel
1	2	Stainless steel sierra cup(s)
1	1	Box of windproof/waterproof matches
1	1	Fire starter with extra flints and starter tabs
1	1	40-hour candle
1	1	Tube tent with rope, two man capacity
1	1	Wool blend blanket
1	1	Heavy-duty rescue blanket(s) made of metalized, textured plastic, washable, reusable
3	6	18-hour hand and body warmers
1	1	Genuine military anglehead flashlight
1	1	Solar/hand-crank AM/FM radio that uses 4 power sources
1	2	Whistle(s) with cord
1	1	Military type tri-fold shovel
1	1	Swiss-type pocket knife, 15 function
1	2	Heavy-duty vinyl poncho(s) with closure snaps
1	2	Pocket first aid kit(s)
1	2	Bottle(s) of potassium iodine tablets to block radioactive iodine from thyroid during a nuclear emergency
1	2	Personal comfort kit(s) which include hand sop, toothbrush with gel, comb, tissue sanitary napkins, and razor
1	1	Complete sewing kit
1	1	12-hour light stick
1	1	50-foot nylon cord.

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The Flu

(Continued from page 18)

for everyone working in health care services. Medical authorities also encourage people over 65 to be vaccinated. If you have any doubts, be sure to consult your health care professional.

The flu shot itself is moderately painful. One person in 10 will experience some pain, tenderness and swelling at the injection site. One in 100 will have a headache and slight fever. If you are allergic to chicken eggs, avoid the killed vaccine.

If you or someone in your family does come down with the flu, there are some steps you can take to ease the discomfort. A vaporizer or humidifier can be beneficial to open blocked breathing passages. These are commonly recommended for infants suffering croup. The vaporizer does have the advantage of self-sterilization. If neither is available, time spent in a closed bathroom while running a scalding hot shower may provide relief. Drinking or eating hot steaming fluids such as tea or chicken soup can also help open blocked nasal passages.

Because nausea may accompany other flu symptoms, you'll probably be more comfortable eating lightly. Soup is a good choice because the vapors can help unplug nasal passages. But if all you hunger for is a hot fudge sundae, go ahead. Some nourishment is better than none.

Vitamin C whether taken as a supplement or derived from foods such as tomatoes, cabbage or citrus fruits is

one nutrient subject to scientific debate. Many, notably Linus Pauling, believe large doses can prevent respiratory infections. Some studies disprove the protection. However, it might help, and the effects of over-dosing are minimal, so we do take it.

Your neighborhood pharmacy or supermarket also carries a number of products that may help you live through the flu. Non-prescription medications fall into six categories:

Anticholinergics relieve watery secretions of the eyes and nose. Because of extensive side effects, they are best used under competent medical supervision.

Nasal decongestants, the second category, are more widely used. Whether pills, salves, sprays or drops these stimulate the nervous system to constrict blood vessels opening space in the nasal canals. Pills can be used to good effect although they act more slowly than medicine applied directly. Topical salves have the greatest local effectiveness, but they cannot be applied deep enough to penetrate all swollen tissue. Sprays are the easiest to use but the least efficient, providing doses of wildly varying amounts. Drops are the best choice in this category for they give the user optimum control and excellent penetration. Once the illness has passed, all applicators that have come in contact with infected areas

should be discarded.

Antihistamines relieve sneezing, stop runny noses and clear sinuses. Since these symptoms are characteristic of many maladies, including allergies, they are widely available. Most are administered orally as pills or capsules.

Antitussives are used to suppress coughs. Frequently they contain narcotics, especially codeine, to still the brain's "cough center." A safer alternative to narcotics is provided by antitussives containing dextromethorphan.

Expectorants encourage coughing by loosening mucus to facilitate its natural removal. Experts caution that it is unwise to medicate a "productive" cough that's moving mucus on its own. Because coughing can lead to discomfort, many use cough drops or sore throat lozenges for relief. Hard candy is nearly as effective and much cheaper.

Of all painkillers, or **analgesics**, aspirin, our first wonder drug, is the most widely used. For most people aspirin is a safe and effective medicine, but, as we said earlier, because it may trigger Reye's Syndrome, it should not be given to children with flu symptoms. Products containing acetaminophen or ibuprofen are also effective in relieving the aches and pains attendant to both colds and flu.

All medicines, including widely available non-prescription drugs, have side-effects. Be sure to read labels carefully and eliminate any confusion by talking to a health care professional.

In some cases the professionals may be able to offer more help with prescriptions. Amantadine is a drug of some promise in limiting your vulnerability to the virus. It does not prevent the flu, but it does block the virus. The dosage must be renewed daily over the course of the disease to maintain its effectiveness.

Medical researchers continue to study this mutable virus and develop new treatments, but the virus manages to stay ahead of our efforts, changing codes rapidly. Even when the annual flu season produces mild cases of the disease, as it did in 1990-1991, economic loss is significant. The possibility of a virulent strain's achieving pandemic proportion still exists. When asked if there was any chance for a repeat of the 1918 disaster, all epidemiologists responded with a unanimous and emphatic YES. ●

Other diseases with flu-like symptoms.

DISEASE	RUNNY NOSE	SNEEZING	FEVER	SORE THROAT	COUGH	HEADACHE	GENERAL DISCOMFORT	MUSCLE PAIN	CHILLS	NAUSEA	ADDITIONAL SYMPTOMS
ALLERGY	●	●									Itchy eyes, noisy or difficult breathing
BRONCHITIS			●	●	●		●	●			Chest pain when coughing, difficult breathing, wheezing
DIPHTHERIA			●	●	●						High fever, exhaustion, hard breathing or swallowing
GERMAN MEASLES	●		●				●			●	Red eyes, body rash
LEGIONNAIRE'S DISEASE			●		●	●	●	●			Cough w/rust colored mucus, pain in rib cage, diarrhea
MEASLES	●		●	●	●						Red eyes, white spots inside cheeks, rash
MENINGITIS			●			●		●			Increasing headache, sensitivity to light, convulsions
MONONUCLEOSIS	●		●	●	●	●	●				Very sore throat, swelling under chin, pain in groin
MUMPS			●	●	●	●	●				Swollen neck glands, hard swallowing, pain behind ear
PNEUMONIA			●		●	●		●			Painful cough, rust colored mucus, difficult breathing
POLIOMYELITIS			●			●		●			Cramps or spasms, stiff neck, weakness, diarrhea
SCARLET FEVER			●	●	●	●	●			●	Red rash on trunk and limbs, abdominal pain
STREP THROAT			●	●	●	●			●		Hard swallowing, thick mucus at back of throat
WHOOPING COUGH	●	●		●	●		●				Noisy, hard breathing, paroxysms of cough, blue complexion

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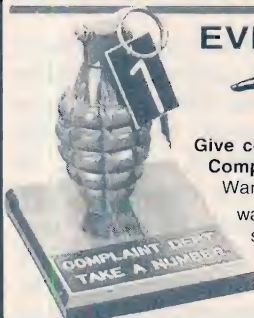
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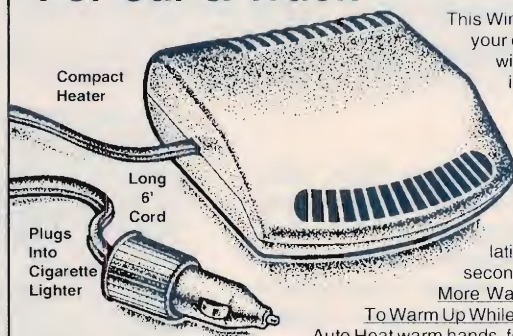
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Are You Getting Enough Protein?

Amino Acids:

By Jim Benson

This critical nutrient plays a major role in keeping you healthy and fit...

EARLIER this year, beset with growing ill health, I began to look at my diet, hoping to be able to find a way, through nutrition, to feel better.

For years I've enjoyed running as a form of exercise, but for several months prior I'd been having recurring running injuries that left me almost crippled for days at a time—extreme soreness around hip joints, swollen, sore knees.

At the same time I wasn't sleeping well and was becoming cranky more often. I felt tired often and had been getting what seemed like more than my share of colds and flu. Something just wasn't right and I had a feeling it had to do with my diet. It turned out I was correct.

I'd also been gaining weight and had begun dieting, or rather, starving myself trying to get my weight down. This included skipping whole meals and skimping on what I ate at other times. Problem was, I was hungry more often with the dieting and still was having much difficulty losing weight.

Checking an edition of the *Recommended Dietary Allowances*, which is published by the National Research Council of the National Academy of Sciences (National Academy Press, Washington, DC), I discovered I was supposed to be getting about 60 grams of high quality protein a day. I was actually getting half that or even less on some days, and this had been going on for some months.

This discovery led me to an ongoing study of protein and its health benefits which continues to this day. I have discovered that protein plays an extremely important role in maintaining overall health and preventing and eliminating disease.

Needless to say, I have greatly increased my consumption of protein-rich foods, especially those foods containing the essential amino acids. Amino acids are the building blocks of protein used for myriad body functions to maintain health and eradicate disease. I am also taking some protein

supplements to boost my intake of this vital nutrient.

As soon as I began a significant increase in my protein intake—I now get 100 grams or more a day—I noticed an immediate improvement of my health. I have been on my current dietary regimen for several months now and am feeling much better. I am running farther than I ever did before and my running injuries have disappeared. I sleep better and am much more even tempered. And I've lost weight.

I'm convinced boosting my protein intake has helped me. But I'm not recommending this for everyone. You must determine what is best for you. It's best to consult your doctor before significantly changing your diet. But you may find you could benefit from getting an adequate amount of high quality protein in your diet, especially if you are physically active. What that amount is will vary from person to person, depending on body mass (weight), lifestyle, etc.

Peter W.R. Lemon, Ph.D., in the article, "Influence of Dietary Protein and Total Energy Intake on Strength Improvement" in *Sports Nutrition*, Volume 2, Number 14, April 1989 (Gaterade Sports Science Institute), writes:

"Recent evidence suggests that the current U.S. National Research Council's recommended dietary allowance for protein may be insufficient for some athletes. The gains in muscle strength and size induced by strength (weight) training appear to be enhanced by protein intakes that exceed the current recommended allowances. Insufficient

Some of the many types of high quality protein supplements sold in health food and grocery stores.



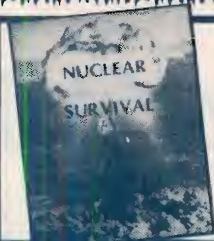
intake of food energy can increase protein requirements. Therefore, dieting may decrease the effectiveness of strength programs for individuals consuming what otherwise would be adequate dietary protein."

Lemon also states that "...recent data obtained using new experimental techniques indicate that dietary protein/amino acid needs may in fact be increased by regular exercise training. Increased protein need with exercise could occur directly, as a result of changes in amino acid metabolism, or indirectly, as a result of insufficient energy intake."

For technical reasons, the author states, the protein recommended dietary allowance (RDA) of 0.8 grams of protein per kilogram of body weight per day for adults "is only an approximation and is based on data from relatively sedentary individuals."

"Fifteen years ago, researchers demonstrated that a protein intake of 125 percent of the RDA was sufficient to meet the needs of sedentary subjects. However, despite adequate total energy intake, this amount of protein was insufficient when these individuals began an endurance (cycling) training program."

While studies continue on protein requirements for athletes and other individuals and the debate continues, Lemon recommends that athletes undergoing strength training to increase muscle size and weight may benefit by consuming 150 to 250 percent of the RDA or about 1.2 to 2.0 grams per kilogram of body weight per day. Note that we are talking about



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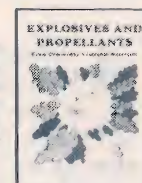
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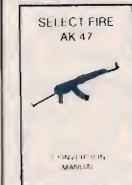
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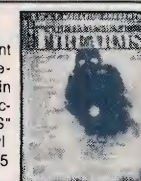
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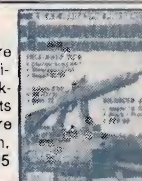
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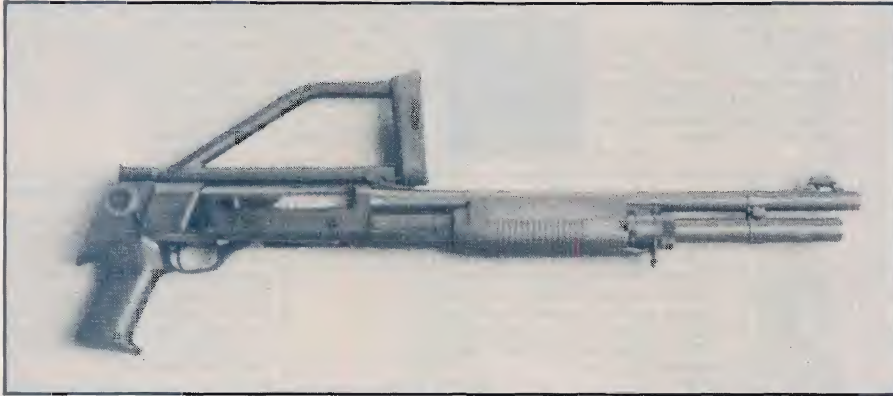
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Heckler & Koch, Inc.:

Benelli M3 Super 90

By Jim Benson

New multi-purpose, semiautomatic/pump action 12 gauge. . .



With stock folded the M3 is 31 inches long.

A defensive firearm, utility shotgun and dependable sporting arm. That's how Heckler & Koch, importer of Benelli Italian shotguns, describes the popular Benelli M1 Super 90 semiautomatic 12 gauge shotgun. These firearms are a favorite weapon of police SWAT teams and military forces.

Now HK has the new Benelli M3 Super 90 Pump/Auto 12 gauge shotguns, combining the unique features of the semiautomatic M1 Super 90s with the added flexibility of a manual or pump action.

The M3 can be instantaneously converted from recoil-operated semiauto to pump operation and vice versa by turning a spring loaded ring on the forearm, and it is available with a variety of optional equipment, including pistol grip and folding butt stock, as well as with the HK Pulse Beam laser aiming device and specially designed ghost ring sights enabling the shooter to keep both eyes open while focusing on the front sight.

While the Benellis are on the expensive side for 12 gauge shotguns, their popularity is based on proven reliability and rapid firing capability. With the extra advantage of pump operation available in the M3, the Super 90 becomes a highly versatile shotgun. Semiautomatic shotguns require ammunition powerful enough to cycle the action. With manual or slide action (pump) also available, this shotgun can now fire gas grenades, flares, and other special purpose ammo such as Shell-



Stock is folded by depressing button at left rear of receiver and snapping stock into receptacle on top of rear sight.

cracker flash bang shells and non-lethal rubber buckshot and rubber slug loads.

The M3 Super 90 will fire any standard commercial 12 gauge loading, including 3-inch magnum rounds. With a chamber which accommodates 3-inch shells, this means the shotgun will also fire 2¾-inch shells. The tubular magazine holds up to 6 3-inch or 7 2¾-inch shells. Maximum shot load is 53 grains (magnum shells). With one shell also loaded into the chamber, the M3 has a capacity of 7 or 8 rounds respectively. The M3 is always loaded with the hammer cocked and the safety on while the barrel is pointed in a safe direction.

The type of action (pump or semiauto) can easily be selected during use by rotating the selector ring attached to the fore grip to engage the barrel ring or the bolt-brace assembly, depending on which action is chosen. For semiautomatic operation, the selector

ring engages the barrel ring. For pump action the ring engages the bolt-brace assembly.

To switch from pump action to semiauto, you close the bolt and press down (clockwise) with your thumb on the tab of the selector ring as far as it will go as you push the fore grip forward until the front of the selection ring fits into the barrel ring, then release the selector ring which rotates counterclockwise until it reaches its rest position.

To switch from semiauto to pump action, with the bolt closed, turn the



selection ring clockwise as far as it will go with the thumb pressing the ring tab. Keeping the selection ring pushed down (clockwise), pull back on the fore grip until the selection ring is disconnected from the barrel ring, and then release the selection ring which will rotate counterclockwise until it reaches its normal rest position.

The M3 Super 90 features a rolling bolt locking head that is simple, strong and which, with two locking lugs, achieves a positive breech lock.

The shotgun also has a loading system designed to allow manual shifting of cartridges from magazine to breech whether in semiauto or pump mode, allow quick and safe reloading and indicate whether the hammer is cocked. It's necessary to have the hammer cocked for loading. The loading system features a "cartridge drop" lever with red dot on it which protrudes from the lower right-hand side of the receiver in front of the trigger when the hammer is cocked.

(Continued on page 66)

The M3 Super 90 performed perfectly in either semiauto or pump mode of operation.



This shot with a 1-ounce rifled slug aimed at the target's heart was fired in the M3 from the shoulder from 30 yards away.



Firing Federal Premium 3-inch Magnum BB loads from the hip and with stock extended.



Wilderness Skills:

Hunting to Survive

By Bob Newman

Bone up now for the time when survival hunting is no longer a pleasant diversion on a perfect weekend. . .

THE tremendous cow moose stepped out from the spruce thicket into the tote road that my hunting partner, Pete, and I were crouched along the side of. We had seen the beasts moving through the dense understory and had taken up position behind a small fir about 25 yards downwind from them. We knew there were at least two moose, but were unable to tell if one was a bull, because of the extremely limited visibility.

Pete, an expert marksman and sound all-around outdoorsman, drew a bead on the big cow astride the road and paused, waiting to see if a bull stepped out behind her. His Ruger No. 1, chambered in .270 Winchester, was rock steady as the crosshairs of his scope found the mark. I was directly behind him.

"Hold on," I whispered softly. "Wait for the other one."

A moment later the other one appeared. A slightly smaller cow.

"Take her," I whispered.

Pete's .270 spoke with authority and the unseen round sped towards its target, a spot right between the giant moose's eyes. It impacted precisely where Pete had directed it. And bounced right off her sloped forehead.

To say that we were surprised at this annoying turn of events would certainly be an understatement. We had both seen a chunk of fur and some bone fragments fly off her grazed head, but it was clear the round did not penetrate more than a couple of millimeters, since the critter was still standing in front of us.

She and the other cow wheeled and bolted back into the thicket from whence they came. I managed to get off one poorly placed shot at the fleeing moose, but the round flew high and found nothing but air.

We stood in stunned silence for a few minutes before either of us spoke. Neither of us had ever seen anything like that, in our combined 45 years of hunting.

Pete spoke first, "I don't believe that!

Land navigation is a skill every hunter should be adept at.



Wild turkeys like this tom are wily and present the survival hunter with an excellent challenge.



Survival hunting incorporates more than hunting skills; it means skinning and tanning as well.

I nailed her right between the runnin' lights!"

"The round bounced clean off 'er. Let's see if we can cut some sign," I replied, and we both cautiously moved into the thicket. No need to pursue her at close quarters. A wounded moose

is not the creature of choice to get up close and personal with in situations such as these. Their broad, slashing hooves and impressive size have sent many a woodsmen to his grave.

We spent the next 90 minutes searching for sign, finding only a few spots



The ruffed grouse is not easy to take "on the wing" but is excellent table fare.



White-tailed deer have superior senses that must be taken into account if you are to successfully hunt them.



The American bittern's camouflage — and many other animals' — can be imitated by the survival hunter.

Water is one of the strongest game attractants.

of dark blood among the widely-placed prints in the soft earth. For more than a mile we trailed her until finally the blood disappeared altogether. It was painfully clear to us that she was barely scratched and had no intention of slowing down. Incredible but true. A quirk

in ballistics and the sloping forehead of the moose had cost us a freezer full of tender meat.

Not five minutes after we dejectedly clambered back into Pete's venerable LandCruiser we spotted another huge cow feeding in a bog. Pete chambered a round and scampered along the side

of a knoll to get into firing position. As the gargantuan animal lifted its head from the murky mire, Pete let 'er fly, the round catching the cow just behind and below the right ear. She went down like an Iraqi bridge.

We would have that tender meat in the freezer after all. Five-hundred pounds of it, to be exact.

That memorable excursion in the pristine mountains of western Maine, near the village of Rangeley, taught me an important lesson in survival hunting: Expect the unexpected, even the seemingly impossible. And don't get "down in the mouth" because something didn't go as planned. Press on! Your luck will change. It's just that you have to make it change.

Be An Animal — That's right. Be an animal! After all, you are one. Man has been hunting for survival for eons, literally. Sure, he was a bit hairier and somewhat more attuned to his environment when he was what anthropologists call Cro-Magnon or Neanderthal. He had to be in order to make it. But that doesn't mean you can't be just as adept a survivor as your forebearers.

You've got what it takes to be an efficient survival hunter. You were born with it, "it" being survival instinct. We all were. What you have to do, though, since man has become a creature who is what a buddy of mine calls a "slave to comfort," is relearn what modern man has lost.

So how do we go about this re-education? A number of ways, the most effective of which is hands-on training. In other words first-hand experience. Hook-up with someone whose expertise in the art of survival hunting is known to you. Every time he — or she — steps into the wilds to hunt, you be right behind them. Ask questions. But not when your mentor is about to dispatch the grizzly they have been tracking for seven hours and is now mere yards away from. Wait for a more advantageous time.

Read. Read everything you can get your hands on pertaining to hunting. And don't just stick with the more modern books, either. The works of old are often intriguing and exceptionally well-written. A few of my favorites are Osborne Russell's *Journal of a Trapper*, Wm. O. Pruitt, Jr.'s *Wild Harmony-Animals of the North*, *Stalking in the Himalayas and Northern India*, by Lt. Col. C.H. Stockley, and David Attenborough's *The Living Planet*. Not

(Continued on page 62)

Types, Uses:

Rope

'On both land and sea there is a seemingly endless list of usage where rope achieves its value as a tool'.

By James Watkins

ROPE fulfills a wide variety of purposes, both industrial and recreational, and importantly this simple everyday implement also provides a versatile survival tool to persons skilled in its use.

For example, in many disaster and rescue situations, sometimes under the worst weather conditions, it frequently is some form of rope harness or safety line that makes the saving of someone's life possible.

Knowing how to apply rope to cross-country travel also makes it possible to tackle extremely difficult if not dangerous terrain obstacles.

Thus, learning the composition and behavior of cordage as well as correct knot tying, should be an important aspect of family survival education.

On both land and sea there is a seemingly endless list of usage where rope achieves its value as a tool. A person's proficiency in knot tying, splicing, weaving and coiling separates the seasoned ropeman from a rank novice. The only way to acquire the skilled use of cordage is with constant practice and practical everyday experience. Therefore, to begin a deeper look into this subject, we will keep all applications and physical conditions, particularly a wet environment, in mind when describing knots and different aspects of rope in general.

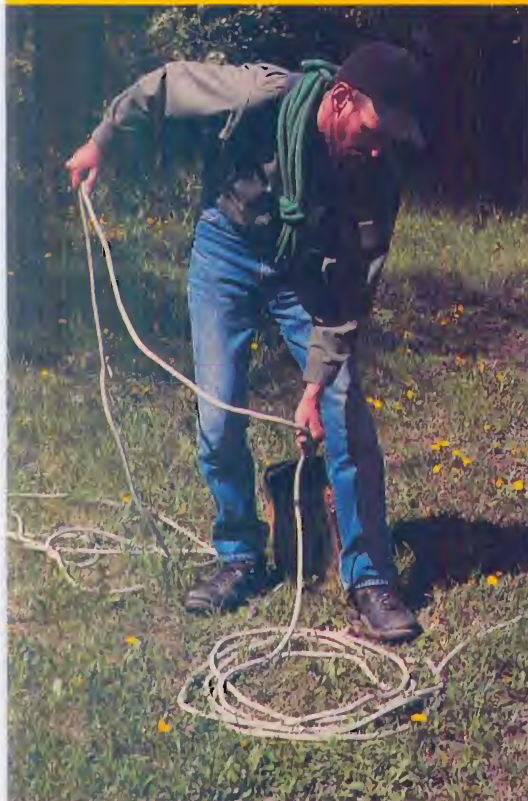
Essentially cordage comes manufactured in either wound or woven Samson line. These two basic types of line



Here is a properly coiled mountaineer's coil.



ABOVE — An emergency survival rope should always be examined after use for frayed or weak spots.

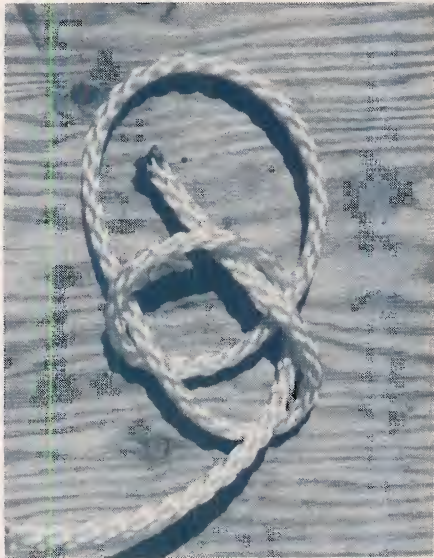


are constructed from both organic and Space Age materials. For any considered purpose, all possess varying merits and weaknesses. Organic ropes, for example, include cotton and manila varieties; and nylon, polyester, polypropylene and polyethylene compose synthetics. As a last resort during a survival emergency it's relatively simple to form a line of variable strength from woodland or grassland plant fibers.

The secret of rope strength lies within its stretch and shock absorbency capabilities. It's these factors that render it important to wisely choose the correct line for a specific job in mind. In simple terms, it would be near certain suicide for a mountain climber to select cotton rope rather than time proven nylon line.

Now that we have discussed the basic materials utilized in rope manufactur-

LEFT & FAR LEFT — A rope should always be properly coiled and kept ready for instant use.



The bowline primarily forms a loop in a rope end and in general won't slip.

ing, let us quickly look at the various strengths and weaknesses in organic and synthetic lines.

Cotton rope provides the best cordage for use with horses and pack animals because it offers adequate strength for the purpose and in general doesn't cause rope burn if the animal becomes ensnared. However, the glaring drawback to cotton is its limited strength, a tendency to fray, plus a very short lived durability. Under no circumstances should a person trust this kind of rope during a life threatening situation.

Manila rope is made from an Asian hemp plant called jute, which contains strong fibers that become the manufacturing ingredient of the strongest available organic cordage. It was manila which made up the mast and sail rigging of ships during the age of sail, and this line still is respected as quality rope. With proper block and tackle it works efficiently with minimal friction. While a good supply of manila rope may be desirable, this kind of cordage is subject to organic deterioration, thus requiring careful maintenance to preserve its strength and durability.

Now we cover synthetic cordage, the by-product of petroleum and chemical plastics. Nylon offers excellent tensile strength, elasticity, and optimum durability. This high performance plastic possesses a strength ratio of 3 or 4 to 1 over manila rope. What makes nylon so desirable is its tremendous shock absorption capabilities, resistance to fraying and rot, heat and acid, plus its almost total reliability as an emergency survival rope. Mountaineering

ropes, for example, are woven from its incredibly strong synthetic.

As a second choice, polyester offers a good quality rope. However, this line should be considered only as a temporary alternative to nylon. Its primary attributes feature tensile strength close to that of nylon, but half the elasticity. Importantly, both polyester and nylon retain nearly their entire tensile strength when wet.

Finally, only as a last resort should a person consider polypropylene or polyethylene rope. While this line does float and offers twice the strength of manila, it frays easily and is stretch resistant which results in poor shock absorption capabilities. This synthetic also deteriorates rapidly in sunlight.



A clove hitch proves valuable in tying up a boat or as an integral part of lashings and camp construction.

Then, the least desirable characteristic of this type of rope is that knots slip and untie easily, a bad property when considering a rope for emergency survival use.

Fiber Rope — So far we've listed ropes which are available commercially, but what do you do during an on-the-spot emergency when that badly needed cordage isn't available? Fortunately, unless the terrain scenario features a bare desert, the world's plant kingdom provides the answer. Fibers compose the basic ingredient for rope construction, and three examples of natural cord making materials include tree bark, vines, and grasses.

Fibers can be twisted clockwise into yarns, which in turn are twisted in reverse, counterclockwise, to make plies. Then three plies once again are wrapped clockwise to finally become a finished rope of variable strength. Indeed, it's this clockwise, counterclockwise, and clockwise procedure that creates the inherent strength of cord-

age. In fact, the practical applications of primitive rope work can be seen in the jungle cultures of Asia and South America where people lash together homes, bridges, boats, and tools.

Once you purchase an expensive coil of rope it's necessary to handle it so the line is properly maintained and always ready to use. At the same time a patient attitude when working with a long cable will help prevent a time consuming snarl problem. Like any tool requiring skilled use there are correct disciplines to ropemanship competence.

The way rope naturally coils is in a right-laid or clockwise manner. In fact a line should always be coiled in a clockwise and circular spiral of loops, called bights, which in turn lay slightly off set and on top of the last laid loop. The end result should be a neatly coiled rope which will unravel or toss toward a desired goal without snarling. Both the tail and lead ends should be tied off with a clove hitch or other knot which securely bonds the coil, yet simply unties in an emergency.

Four important mistakes should be avoided with a rope meant for survival purposes.

First and crucially, never reuse a rope which receives a severe shock or stress to its strength. For instance, mountaineers do not trust a climbing rope once it absorbs the dead-weight impact of a falling climber. It's preferable to buy another rope than risk your life.

Second, don't coil a line in a counterclockwise direction because this immediately causes the line to kink, a problem difficult to correct once it starts.

Third, it's an absolute mistake to coil



The carrick bend provides an incredibly strong bond for connecting two ropes.

Rope

a rope around the elbow and shoulder as is commonly seen among the inexperienced.

Finally, don't pull new line from a spool which lies on end; the spool should be mounted horizontally so the cordage rolls out in a flat manner. In the last three situations these common mistakes remain responsible for the majority of snarl problems.

In simple terms, when an emergency arises and someone's life is on the line there isn't time to play around with a clumsily put together coil. Seamen, military and police personnel, mountaineers, and just about anyone with experience know how to coil and bind rope correctly. Also, a valued rope must be stored and preserved against the elements when not in use. It's best to hang a coil off the ground in a cool dry place out of the sun.

Knots — Now we come to an interesting subject in itself: knots and why to use a particular cinch or hitch for a specific purpose. All people should know how to tie as second nature the bowline, sheet bend, clove hitch, double becket hitch, and the carrick bend. These first class knots prove their reliable strength plus easy handling in wet or freezing weather conditions. However, in their proper place justice must also be given to the square knot, two-half hitch, timber hitch, and the square,



A sheet bend allows two lines of the same diameter to be temporarily attached, yet easily unties when wet or frozen.

diagonal, and shear lashings. Before going further into knot tying it's crucial to say that the weakest spot in any rope will be where a knot is tied.

The reliable bowline is among the strongest and most trustworthy cinches possible. Its primary use is in forming a temporary loop in a rope end and importantly the knot won't slip yet easily unties when wet or frozen. This is a general rule though and a cover single hitch should be added to prevent accidental slippage when the bowline is used as a personal safety line.

The sheet bend proves valuable as a general purpose knot, utilized for many situations when two ropes need to be temporarily connected. However, the knot isn't too secure when used with two different diameter lines in wet, freezing conditions. A good example of the sheet bend in use is in commercial fishing where tackle and groundline are laid for miles connected in a continuous chain. Importantly the sheet bend is quickly handled when wet or frozen, and it also withstands tremendous pressure from industrial equipment and weight.

Similar to the sheet bend the double becket hitch is utilized primarily when attaching one line to a bight or loop in another rope. This superb knot results in great strength because of its extra loop turn. It never slips when wet or frozen under load, yet easily unties.

The simple tied clove hitch provides a wonderful cinch when used to moor a boat, or tie a safety line to shore. It characteristically loosens a bit when not under pressure, but binds down tight when force is applied against the knot. Easily handled when wet, the clove hitch also is applied in tent pitching and is an integral step to all lashing jobs.

Then, the carrick bend finishes this listing of knots to use in wet environments. This incredibly strong cinch is the best possible knot for tying together a tow line. Ships at sea use the carrick bend for towing or tying together two mooring ropes. A person can almost bet that a weak spot in the rope will break before this bend gives.

As described, the primary attributes to all these first rate knots are their inherent reliability and great strength under stress, plus the fact that these cinches do not jam under wet environmental conditions.

In contrast, there are a number of knots, for example the reef knot, which will positively jam when wet, thus rendering it necessary to cut a valuable and expensive rope. This isn't to say these knots haven't value elsewhere, but they shouldn't be applied during an emergency under wet conditions.

In concluding this description of knots it remains valuable to learn a few hitches and lashes which become useful in woodland work or camping situations. The simple two half hitch offers a simple cinch that hunters and



The double becket is stronger than a regular sheet bend because of its additional loop.

hikers utilize to temporarily suspend game and equipment. A timber hitch possesses the strength necessary to drag heavy timber, while it also is quickly released when working conditions demand instant action. Finally, the square, diagonal, and shear lashings provide the means to securely fasten together rafts, shelter, heavy utility tripods, the terminal anchor work to a rope bridge, and numerous other applications.

As we can see, rope is an extremely versatile survival tool; however, the subject only begins to deepen at this point and can't be covered further in this article. Book stores and your local library offer numerous volumes of illustrated resource material about cordage in detail. At this point the real hands-on learning can begin after purchasing some quality manila or nylon rope. ●

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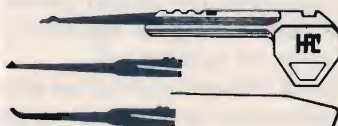
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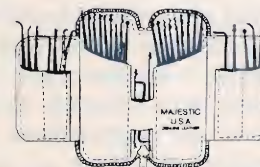
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Computer Bulletin Board Systems

By Scott Stoddard

"A popular government without popular information, or the means of acquiring it, is but a prologue to a farce or a tragedy, or perhaps both. Knowledge will forever govern ignorance, and a people who mean to be their own governors must arm themselves with the power which knowledge gives." — James Madison

OUR Founding Fathers knew the importance of information dissemination. For this country to work, it needed an educated people — a people that could think for themselves, recognize the good from the bad, and choose wise leaders who would uphold the Constitution of this great land.

Isn't it ironic however, that we, in this the age of information, in this age of computers and instantaneous satellite communications, are often fed garbage, lies and meaningless trivia by those in the business of mass media.

In the years past we were cleverly deceived by their subtly disguised images and soothing words, but now we are faced with the blatant cramming of their "politically correct" messages down our throats. Public schools have eradicated God, the Constitution, and the principles of freedom from the classroom, and put in their place the religions of socialism and humanism.

Many of us have felt helpless, frustrated, and overwhelmed when our messages and ideas are trampled or ignored by the media giants. We have felt betrayed by our leaders and have watched as our once great nation stagnates in the quagmire of bureaucracy and special interests.

Back in the wild West days the saying went, "God didn't make all men equal, Colonel Colt did." Well, if Samuel Colt's .45 revolver was the great equalizer of the West, giving the little guy a fighting chance against the bushwhackers and scoundrels of that era, then today's great equalizer in our standoff against the media dragon is the humble personal computer or "PC."

With a personal computer and a device called a modem you can actually have your little PC "talk" to other computers through the telephone lines. The word modem is short for modulator-demodulator. The modulator in a modem changes your com-

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With your own computer and a modem you can hook up with other personal computers all across the nation.

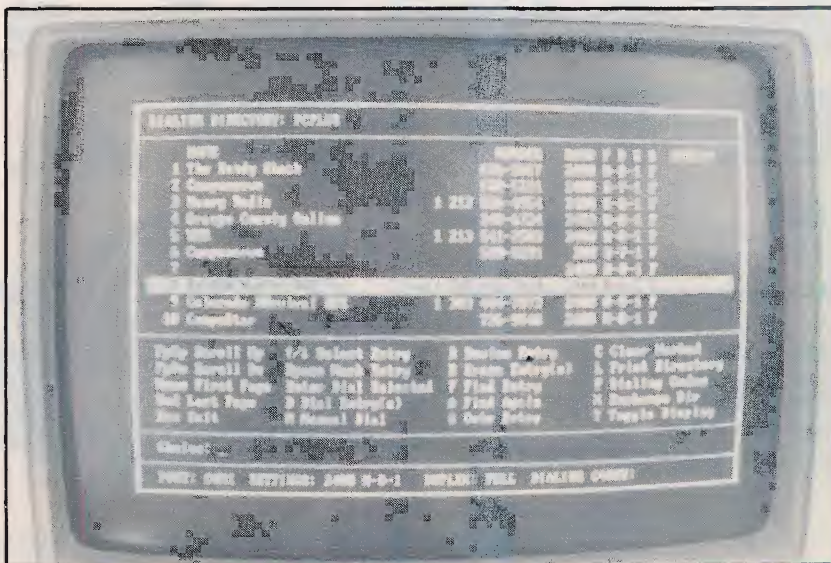
puter's digital signals into audio signals that the telephone can transmit. The demodulator accepts audio signals coming in from the phone line and converts them to digital signals for the computer to understand.

With a telecommunication software program to tell your computer how to dial up telephone numbers and how to communicate one computer to another, you are in the business of telecommunications.

With the right access codes and passwords you could technically hook up to the most powerful computers in the world and access information stored in their huge data banks.

BBS Systems — A BBS is an electronic bulletin board system that can be accessed by anyone with a computer and a modem. Electronic mail can be sent to individuals who also access the system and messages can be posted in the "public message" area for all to read. Besides sending and receiving messages, a BBS can also be used to find helpful and entertaining software programs for your PC. Computer programs known as "files" can be "downloaded" or transferred from the host

This screen shows the dialing directory of the communications software PC Plus. The BBS name and its phone number appears along with the dialing protocols.



BBS computer to your home computer via the modem. Most of these programs are free, while the authors of some ask for a small donation.

The beauty of the computer bulletin board system is that any number of BBSes can be tied together to form a network. A network can consolidate and retransmit hundreds of thousands of kilobytes of messages daily — all with personal computers. Many corporations pay millions of dollars for mainframes, staffs, and special networks to accomplish the same result.

Anyone can be the owner of a bulletin board system. It does, however, require some computer savvy and the dedication of time and hardware to keep the system going. The best BBSes run 24 hours a day. That way people can call up locally during the day or long-distance at night when telephone rates are lowest. While the BBS is in operation, the PC that runs it cannot be used for other tasks such as word processing or desktop publishing. That's why most BBS owners have more than one computer. Also because the phone line can get tied up for long periods of time, a second phone line is a must.

Why would you want to set up a BBS in your home? First off, most BBSes are run as a free service to the public. Don't go into it thinking you'll make money. A BBS can be an extremely powerful tool for educating and informing people concerning current issues, be they local or national, and can unite people by mobilizing them into a grass roots effort to bring about change. Public policy can be advocated or changed by people communicating. This means developing and refining ideas, persuading people to accept your views, and enlisting their support. The survival movement needs a tremendous grass roots effort if our message is to get out. Don't forget — a BBS can be the great equalizer!

If you only want to access a computer bulletin board, you'll need four key pieces of equipment to plug into a BBS system: a computer, a communications card in your computer that enables you to use it as a communications device, a modem, and a telephone.

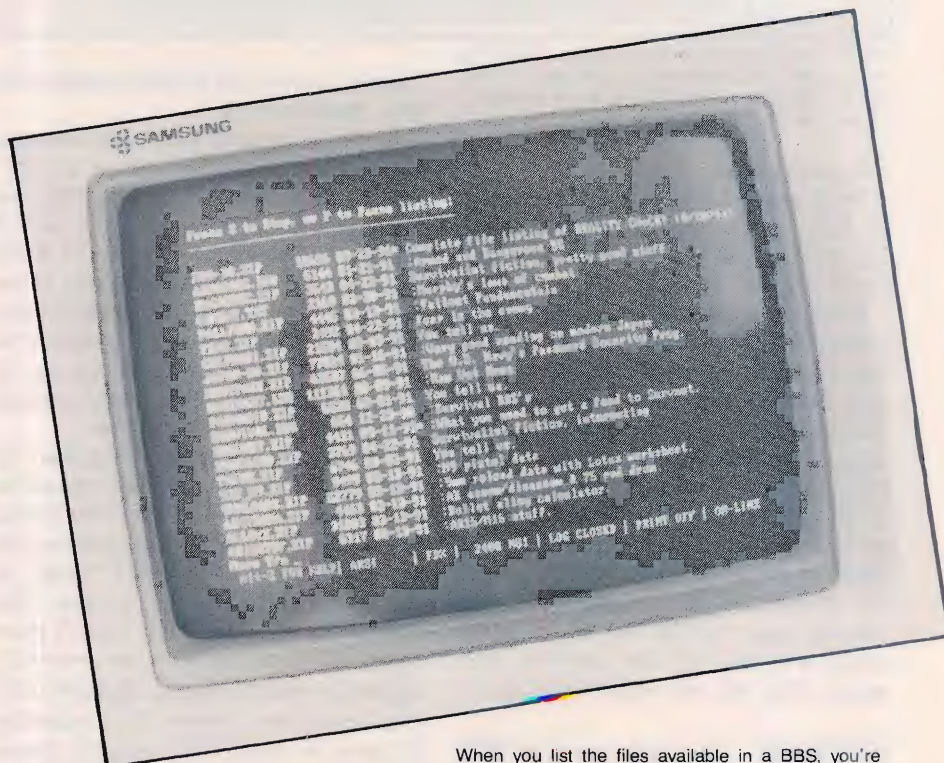
Ask your computer friends for a copy of some "shareware" communications software. This software is available for free or you can go to a computer software store and buy some fairly sophisticated commercial telecommunications software for less than \$100. The program that I use is called Procomm Plus.



When you hook up to a BBS, your computer monitor comes alive with messages and menus which are easy to follow.

Before calling up a BBS you will need to set the parameters and data transfer protocol so that your computer can talk to the computer on the other end of the phone line. This is done using your communications software. If your modem can handle a 2400 baud

rate, set your parameters for 2400, N, 8, 1. This will let you talk to the BBSes listed below. Otherwise set the baud rate for the fastest your modem will go, either 300 or 1200 baud. Xmodem transfer protocol is one popular protocol found on most systems.



When you list the files available in a BBS, you're bound to find some interesting material.

Computer Bulletin Board Systems

If everything works right, you should be able to dial up a BBS and suddenly see your computer monitor come to life. The screen will show a "welcome to our system" type of a message, or it may just ask for your first and last name followed by the city and state. If this is your first time calling a particular BBS, you may have to register with that system by leaving your name and telephone number so that the system operator (SYSOP) can call you back to verify you. Some systems have an automatic call back routine that does

can be reached by dialing Random Number BBS at (918) 455-3639 in Oklahoma or in Missouri by calling Reality Check at (816) 263-8443 from 5 p.m. to 8 a.m. and 24 hours on weekends. Two new links have been added recently. In Virginia call (804) 591-8537 and in Kansas (316) 265-1012.

SURVNET is looking for more links all across the country. If you would like to join SURVNET as an affiliated BBS, download the file Survnet.zip and fill out the application form included in the file. A complete list of

by having the nodes call on two nights and the hub call two nights. That way telephone expenses are shared.

Files — When you make your way to the survivalist area of a SURVNET BBS you will find an area marked "files." If you bring up the file list you'll find lots of interesting stuff. Many of the files are actually text files that you can download and then read at your convenience (when you are offline and the phone company isn't billing you). Other files may be actual computer programs.

A recent check on the Random Number BBS found a file called Fallfund.zip that gives fallout fundamentals; another named Survival.bbs contains a list of survival oriented BBSes; and yet another called Paranoid.zip appears with only the description, "You tell us." There are how-to files, files on shelter building, and items on fire-arms and politics.

Communication software and even the software to run a BBS can be obtained through searching the communication files section of the bulletin board. BBS software can take a substantial amount of time to download so you might want to contact the SYSOP before you make an attempt.

The granddaddy of BBS software is Tom Mack's RBBS-PC. This is semi-public domain software (free, no donation requested, but copyrighted). This software is probably the widest used for bulletin boards. PC Board BBS software is another popular package. It is sold as a commercial product costing between \$100 to \$200 depending on which features you order. Call Clark Development Company, Inc. at (801) 261-1686 to order PC Board. Random Number BBS uses Remote Access BBS software. Talk to SYSOP Joey Kelly for his recommendations.

Don't get discouraged if your first few attempts at computer telecommunications fail. Computers require the exact codes and instructions to work and hardware sometimes requires a little tweaking with switch positions before it all works correctly. Ask your computer friends for help or ask your local computer dealer for assistance. Once your computer is plugged into the telephone line, you're plugged into a whole new world of information not made available by the masters of big media. ●



The closing screen of Random Number BBS after you log off. Good BBS etiquette requires that you log off instead of simply hanging up or shutting off your computer.

this automatically.

Verification helps to keep the kooks, hackers, and other riff raff from leaving obscene messages or causing problems to the system.

Once you are allowed in, you will be presented with a number of menus. The menus guide you through the system with relative ease. You can read from the message files, post your own messages or browse the file lists for interesting programs to download. Just type in the correct letter corresponding to your choice on the menu and you'll have no problem navigating through the system. When you are done you usually type "L" for log off, or sometimes it's just "G" for good-bye. The menu will tell you which one it is.

SURVNET — The only survival BBS network we know of at present is called SURVNET for SURVival NETwork. It

"nodes" can be had by downloading the file Survnet.256.

By the way, most programs listed in the file directories will have a ".zip" suffix. This means that the file has been packaged by a program called Pkzip that somehow shrinks it down so that transfer times are less. Once you have downloaded a zipped file you will need the program Pkunzip.exe to "unzip" the file before you can use it. Be sure to download Pkunzip.exe before you download anything else.

BBSes are networked together by sharing all messages and files uploaded to the system. Each night when phone rates are the lowest a computer program will trigger the BBS "node" to call the "hub" BBS or vice versa. The computers compare each other's messages and mail and then any new messages are automatically dumped into that computer lacking that message or piece of mail. This usually takes about two minutes. SURVNET actually only updates four times a week

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Three In One:

Handgun Versatility

The Freedom Arms Casull with interchangeable cylinders...

By Dr. George E. Dvorchak, Jr.

THE concept of using a different cartridge of the same caliber in a particular handgun is not a new one. Two common interchangeables are the .38 Special cartridge fired in a .357 Magnum or a .44 Special fired from a .44 Magnum. This practice is popular for various reasons such as in an effort to fire a less expensive cartridge in a Magnum or firing one that does not recoil as much. I know a police officer who hunts with the Colt Python in .357 Magnum but when on duty, due to regulations, carries .38 Specials. For whatever the reason, interchangeability of cartridges of the same caliber is a desirable feature, especially when hunting or concerned about survival and versatility.

Freedom Arms, manufacturer of the world's most powerful and best built production revolver, the .454 Casull, has taken the concept of interchangeability a step beyond simply changing cartridges within one cylinder and therefore today, manufactures two additional ones for this revolver.

As many of you are aware who have fired the .454, it is quite a handful of handgun and not meant for every handgunner or situation when a handgun is practical. From the factory, ammunition is available in 240, 260 and 300 grains. For target, a medium velocity loading in 240 grains is a fourth option.

No matter how you cut it, the ammo is expensive but due to Freedom's bullet, will hold up to high velocities and pressures that make the .454 Casull round the most powerful commercial revolver cartridge of all time. Due to cost, practice with this single action revolver could suffer. This is why many owners of this premium handgun who especially do not handload do a lot of practice with the shorter .45 Colt ammo in the longer .454 cylinder.

Firing .44 Specials in the .44 Magnum cylinder is the same principal

that carries with it the same problem of debris build up in the longer cylinder. This problem in the Casull is further magnified due to the extremely close tolerances adhered to when manufacturing the .454 cylinder.

Wayne Baker, the President of Freedom Arms and his marketing director, Randy Smith, both stressed to me the importance of thoroughly cleaning the .454 cylinder after .45 Colts were fired in it and before .454s would again be used. If not and some debris are left in the cylinder, when the other cartridge is fired, its bullet and cartridge could then grind into the cylinder's metal to the point that it can ruin the cylinder. For this reason, Freedom Arms has had available a special factory fitted cylinder especially for the "other" cartridge. This allows the necessary practice with the "big gun" but with the low recoiling and much less expensive .45 Colt round. Unlike the .454 Casull ammo, that in .45 Colt is available in most sporting goods stores and if you are not a handloader,



The world's most powerful revolver the Premium Grade .454 Casull with a 7½ inch barrel. Also pictured are Pachmayr rubber grips a SSK T'SOB base with Millett Scope Site rings that secure a Bausch & Lomb 4X Scope in place. Ammo from left to right is a .454 Casull; .45 Colt, center; and a .45 ACP.

then CCI's less expensive non-reloadable Blazer Ammo is what you are looking for. With one hundred rounds of CCI Blazers available, accuracy testing and chronographing these rounds to compare with the .454 was in order.

With the .45 Colt cylinder in place, I fired 10 rounds through an Oehler 35-P chronograph at a 25 yard target. With the .454 Casull zeroed in for one inch high at 25 yards with Freedom Arms 260 grain ammo, the 255 grain Lead CCI Blazers printed two inches low. The mean muzzle velocity for this round out of the 7½ inch barrel was about 800 fps.

The Freedom Arms 260 grain bullet was clocked at 1000 feet FASTER or at 1800 fps. There was quite a difference in velocity but with the point of

(Continued on page 42)

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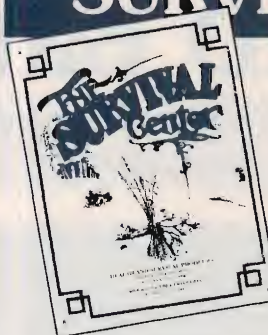
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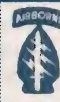


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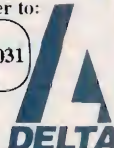
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Staff Evaluation

IN the August 1991 issue of *ASG* we performed a test using CODE RED batteries we had obtained from a number of our advertisers and some from our own private stash. The flashlight we used in the test was a generic plastic model requiring two "D" size batteries. We gave no thought concerning the flashlight, the bulb inside the flashlight, or the switch that turned it on and off. With normal batteries it worked and that's all that mattered.

Unfortunately the CODE RED batteries just didn't seem to work in that flashlight. In a previous test we did using military style anglehead flashlights (March '89) we found that the CODE REDs worked adequately when compared with alkaline and other heavy duty batteries, but in August, the batteries just seemed to die within a half an hour.

If you're not familiar with CODE RED batteries, they are designed for an estimated 20 years of storage. This has been determined through the Arrhenius testing procedure, which uses elevated temperatures to simulate the passage of time. When the battery top is twisted one full turn in either direction a barrier inside the battery is sheared off and a liquid made up of zinc chloride, ammonium chloride and water is released into a solid made up of mainly carbon and manganese dioxide. By the time you activate and insert them in your flashlight, the CODE REDs are ready for action.

With the help of Allan Mayer, Vice President of Marketing and Sales, of the Energetics Corporation, we found the problem concerning the August test. The flashlight used in that test had a krypton bulb. Some krypton bulbs are notorious for their bright beams but they also draw a lot of current and tend to kill batteries pretty fast. In fact, a law enforcement friend at this year's Soldier of Fortune Convention recommended only using rechargeable batteries with krypton bulbs. He said that even alkaline batteries wear out too fast with krypton bulbs and that a few sets of recharge-



CODE RED batteries perform differently according to which type bulb is used in the flashlight. A krypton bulb delivers the weakest light (right).



Each flashlight has two brand-new, just activated CODE RED batteries. The PR-2 bulb in the flashlight on the left was the brightest followed by the PR-6 in the military anglehead. The krypton bulb on the right was again disappointing.



After 15 minutes both flashlights on the left are going strong, but the flashlight with the krypton bulb on the right is on its last leg.

ables is the way to go.

When we obtained the batteries for the August test, they were individually wrapped in plastic and the wrappers made no mention of the krypton bulb problem. However, when we were supplied with a new batch of batteries for this latest test we noted that on each two-cell box, besides the instructions for activating these batteries, there was included the following warning: *For flashlights, best if used with a low-drain bulb — PR2 or equivalent.*

And so with this understanding, our latest comparison was not CODE RED verses alkaline or any other battery — it was the recommended



After 30 minutes the krypton bulb flashlight dies.



From left to right, Tru-Grit 4-cell, 3-cell MagLite with beam focused to spot, and a 2-cell with PR-2 bulb. All with CODE RED batteries.

PR-2 bulb verses krypton and a number of other bulbs — all flashlights in this test included brand-new CODE RED batteries.

The results were quite dramatic and provide some insight about our apprehensions during the August test.

In the first few photos you'll see that the flashlight on the left had the PR-2 bulb. It started out the brightest and stayed the brightest throughout the whole test. In fact, the CODE RED batteries teamed up with PR-2 bulbs per-

form just as brightly as other non-alkaline batteries. Longevity tests have proven that the CODE REDs plus PR-2s have a staying power of about four to six hours before they are too weak for serious use.

The next bulb in our test using two-celled flashlights was a PR-6 in a typical military anglehead flashlight. This combination provided a good strong beam also, but slightly less intense than the PR-2 bulb.

The krypton results were a repeat of August's test. At the very beginning the beam produced was about one fourth the brightness of the other two flashlights — almost like a PR-2 with batteries already three hours old. Only 15 minutes later the beam looked like it was on its last leg and then at 30 minutes it was dead. Any wonder why we were worried in August?

We also tested the CODE REDs in a 3-cell MagLite (bulb only identified as 3 cell) and with a 4-cell Tru-Grit flashlight (PR-13 bulb). Both produced bright beams, especially the 4-cell Tru-Grit.

It was unfortunate that the generic plastic flashlight that we used last August to test various CODE RED batteries contained a krypton bulb. CODE



The only alkaline batteries used in this test were tried in the 2-cell flashlight on the left with a krypton bulb. Two CODE RED batteries are used in the flashlight on the right with a recommended PR-2 bulb.

RED batteries have been around for a number of years and this was the first time any mention of bulb recommendations had been brought to our attention. These are the only long term storage batteries on the market, and as long as you keep them away from some krypton bulbs, they'll do just fine. For more information contact: Energetics Corporation, 8271 154th Avenue N.E., P.O. Box 2320, Redmond, WA 98052; (206) 881-1144 ext. 1300; fax (206) 885-7523. ●

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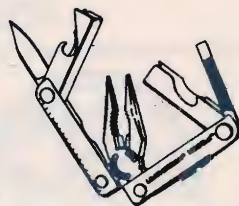
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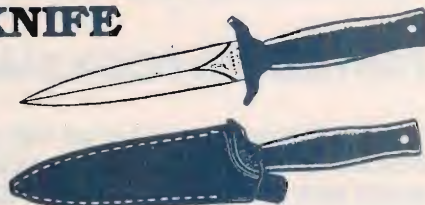
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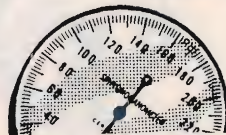
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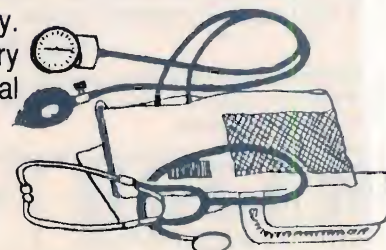


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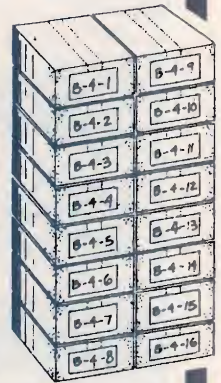
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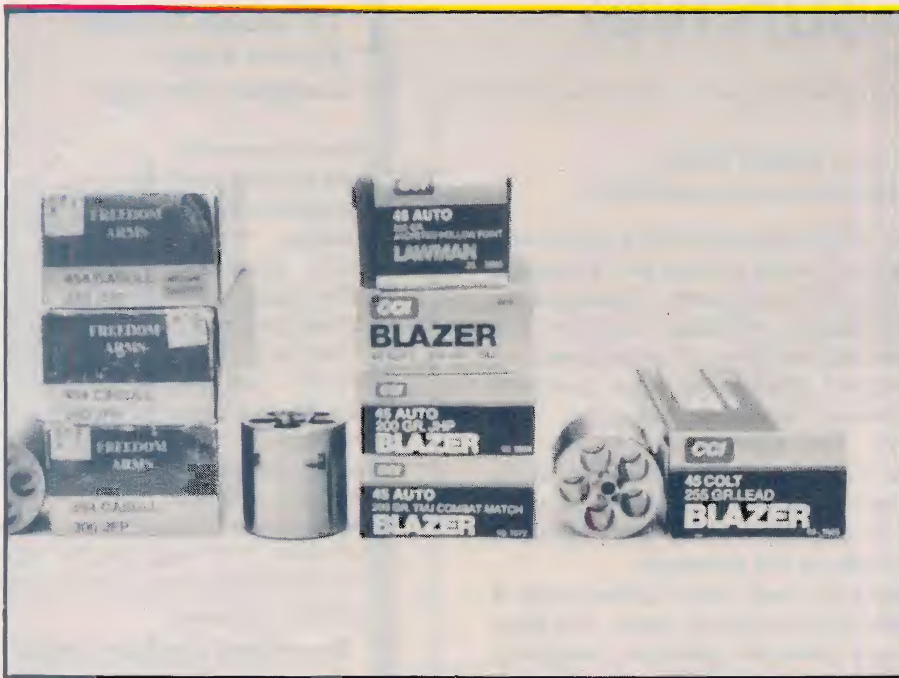
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Handgun Versatility

(Continued from page 36)



Freedom Arms ammo is available from the factory in 240 gr. medium velocity. In standard velocity, 240, 260, 300 grains. The .45 ACP and .45 Colt are both available from a variety of manufacturers. If you do not handload and want an accurate low cost cartridge, then the CCI Blazers are your best buy.

The three cylinders available are from left to right, the .45 Colt, .454 Casull, .45 ACP.



impact for the slower round about where its big brother settled in at 25 yards. With the farther ranges, this gap will substantially widen but for 25 yard practice or survival small game hunting, aim two inches high and you are on the mark. This is important since

what good is interchangeability if when the slower round is used, the sights are drastically off.

This was obviously a start in low cost practice but there was more to come in 1991. It was this year that

Freedom Arms offered a second cylinder option but in .45 ACP for the same reasons as they offered the first for the .45 Colt. In my way of thinking, this was a better extra cylinder to own since the ACP cartridge was less expensive and when recoil was considered, produced even less. It was also a cartridge that was extremely popular and one that all major ammo manufacturers offered ammo.

CCI again offered four types of throw-away Blazer ammo and one, a 200 grain in their more expensive Lawman "reloadable case" ammos. For the evaluation of the .45 ACP cylinder, of which I had one of the first three manufactured, I used 100 rounds of CCI Lawman 200 grain JHP ammo and another 300 rounds of the less expensive Blazers in three types.

Again firing through the chronograph, 10 rounds of the 200 grain JHP Lawman ammo gave a mean MV of 1018 fps while producing a 25 yard five shot group measuring 1½ inches. Next, it was time to fire the 200 grain JHP Blazers. They produced a five shot 25 yard group that measured under one inch for four shots and 1¼ inches for five. Its MV was 1054 fps.

The next 200 grain Blazer ammo was the TMJ Combat Match that turned in a MV of around 1,000 fps and grouped a little over two inches. The last ACP ammo used was the 230 grain TMJ that produced a MV of 905 fps and group again a little over two inches but only about one inch under that produced by the full house .454 260 grain round. All of the other .45 ACP ammos averaged about two inches lower but consistent with where the .45 Colt ammo printed.

In summary, the two extra cylinders give the .454 much more versatility with the biggest advantage in my opinion being inexpensive practice with the .45 ACP ammos. These are available and excellent for defense, small game or varmints. With the extra cylinders, it is as if having three highly accurate handguns for a little over the price of one.

When considering accuracy, the Casull with equal or surpass most any semiauto 45 ACP or in the .454, about anything that is marketed in a revolver today. For additional information contact: Freedom Arms, Inc., P.O. Box 1776, Freedom, Wyoming 83120; (307) 883-2468, Fax (307) 883-2005. ●

BOOKS/VIDEOS

(Continued from page 11)

state by state mapping of the latest potential nuclear risk sites including those from strategic nuclear attack as well as nuclear power plants. Hazards such as earthquakes, hurricanes, tornadoes, snow and extreme cold, tsunamis (tidal wave), and volcanoes are also shown. Radioactive fallout patterns are shown for the total U.S. and not with each state map. Each target for nuclear attack is illustrated with a yellow bull's-eye (few survivors), surrounded by an orange area (50 percent casualties), and a red ring (25 percent casualties). Suggestions are listed at the end of the book on how to prepare for and what to do if you are in danger from one or more of these hazards. If you plan to order this book, be sure to give the book catalog number — FEMA-196.

Principles of Protection, U.S. Handbook of NBC Weapon Fundamentals and Shelter Engineering Design Standards, by Walton W. McCarthy. Subtech, 138 Blakes Hill Road, Dept. ASG, Northwood, NH 03261; (603) 942-7527. Spiral bound, 437 pages. \$35, shipping included.

"To place all political efforts into the prevention of modern wars is the type of attitude that created the Titanic disaster, where a major effort was made to make the boat unsinkable (prevention) and little effort was made to supply an adequate number of lifeboats (preparedness). Just as we drive automobiles and always strive to avoid accidents, we still place our children in seat belts. As diligent as we may be in our efforts to remove nuclear, biological, and chemical weapons from the face of the earth, there still exists a possibility that these efforts may fail. In this event, knowledge of the fundamentals of nuclear, biological, and chemical weapons, and sheltering can save the lives of millions of people." The words of Walton W. McCarthy ring true and his comprehensive work, *Principles of Protection*, may be one of the best sources for the facts on nuclear, biological and chemical shelters. Everything you need to know about the immediate effects of nuclear weapons, blast, fallout and radiation, long-term effects, shelter basics, food planning and storage, air filtration, disease and sanitation and more. The book is well documented and is distributed by the American Civil Defense Association. ●



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Dog Attacks

'Dog attacks account for more serious and fatal injuries to humans than any wild animal'...



By David E. Steele

RECENTLY, a postman in Los Angeles was arrested for using a .22 pistol to terminate a German Shepherd mongrel that had run out of a house he was approaching.

He was charged with felony firearms concealment, reckless discharge of a firearm in city limits, and cruelty to animals.

Of course, all the liberal media, animal rights activists, and pet lovers jumped into the fray, until the two-year-old, mixed breed ended up, at

postal service (and stamp buyers') expense, buried in a casket with a \$685 funeral in a Calabasas pet cemetery.

Needless to say, in all the hoopla some issues were not mentioned, issues like why the dog was not in the house, behind a fence, or on a leash, issues like why the Postal Service issues only an oil of pepper spray canister for dog protection, and how much protection mail carriers can expect from their supervisors when it comes to job hazards.

The usual aerosol dog repellent contains capsaicin, a derivative of oleoresin of capsicum, a pepper-based compound. It must be sprayed into the face and eyes of an attacking dog for best effect, and its effective range is only about 10 feet. The chemicals used in Chemical MACE and other "people repellents," CN and CS, do not work on dogs. The oil of pepper sprays work fairly well if there is time for good aim, although some trainers say they will create an enemy for life of the dog on which they're used. Also, they can run out like any other canister. A mail carrier working in an area of abandoned houses, where packs of stray dogs are common, says he goes through 10 canisters of "mutt mace" every day.

In spite of the efforts of humane societies and organizations promoting zero population growth for dogs and cats, the truth is that uncontrolled canines



A junkyard dog. A mixed breed living in an auto dismantler yard in Wilmington, California. Such dogs are often "fear biters" (dogs can smell the fear on you).

are more common than ever. Dog attacks account for more serious and fatal injuries to humans than any wild animal. More and more city people are acquiring dogs as "companions" or "protectors" with no conception of how to discipline or train them.

When dogs are left to themselves they tend to band together in packs, chasing cars, other animals or people. In this behavior they resemble wolves, without the wolf's natural fear of humans.

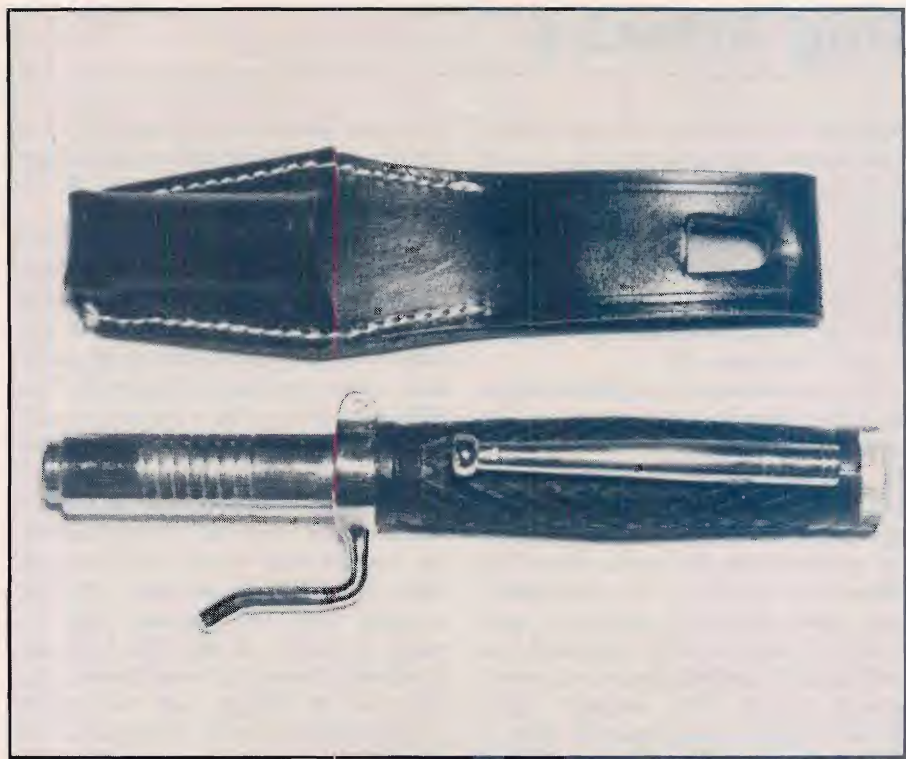
In rural or semi-rural areas it is fairly common for dogs to be left out at night, with predictable consequences. One of my earliest memories from my Missouri boyhood is of a state trooper bringing our terrier's collar to the door one night, explaining to my father that Snooky had been shot by a farmer for running with a pack that was attacking his sheep. There was no California-style talk of lawsuits, since the farmer's actions were no different from what any reasonable rural person would do.

In contrast, there appears to be a substantial part of the California population that believes "dogs are human."

This sort of anthropomorphism should not be a surprise when one considers that so many city folks get their ideas about animals from Disney or movies like *The Bear*, which showed an adult male grizzly protecting a cub, when, in fact, its natural instinct would be to eat it (the moviemakers spent a great deal of training time preventing just that).

Now, as of January 1, 1990, the California Legislature even passed a new law forbidding using "animals commonly kept as pets" for food (Sec. 598(b)PC). Aside from showing a myopic view of the history of animal domestication, it also showed a subtle anti-Asian bias, the group most practical in its use of available protein. Some readers will remember a few years ago when Indochina refugees were vilified for using grocery store rat traps to catch squirrels in Golden Gate Park for food, which sounded to me like a practical adaptation of an impoverished guerrilla to a foreign society. Be that as it may, the current law does appear to be in the tradition of the "cubic air space" laws passed in San Francisco during the 19th Century (briefly, these were designed to put Chinese, who lived 10 to a room, into jail where they were shorn of their queues and subjected to other indignities).

Small animals, which use less food, form the bulk of animal protein in many societies, where cows or horses



were luxuries for only the very rich. As just one example, the "Mexican hairless" dog was raised specifically for food by pre-Columbian Indians.

Basically, the current American "liberal" view, which separates pets from livestock, is a descendant of the 19th Century English protest against aristocratic bloodsports like pitbull fighting and fox hunts. In the long view, primitive man domesticated the dog for three reasons: to hunt, to guard, and to serve as food. It was only in comparatively recent times that "civilized" man kept dogs exclusively as pets. Even Julius Caesar, upon seeing Roman matrons doting on pet dogs, remarked, "Where are their children?"

Aside from the danger of rabies, large dogs have an inherent power as lethal weapons. A Pitbull Terrier, for instance, has 2,000 pounds of biting force, compared with about 700 for a Shepherd or Doberman.

In Los Angeles the latest incident was that of a 70-year-old woman killed by a pair of Pitbulls. Unlike a gun kept for self defense, dogs have minds of their own, and can, without proper breeding and training, become dangerous.

Some years ago, in Oregon, a woman bought a pair of Dobermans to protect her orchards from thieves. The dogs were mean and untrained. One day she ordered a load of hardwood.

The 16-year-old delivery boy called her to make sure she had the dogs caged up, but when he got there the

Probably the most effective weapon against less-than-lethal dog attacks is the common stick. Detectives who occasionally have to deal with dogs will sometimes carry handy telescoping batons like this one made by Prof. Ni in Taiwan.

Dobies broke their dime-store chains and came after him. He drew the Colt .38 Super he carried in the truck and shot them both three or four times, which made them dead. He notified the Sheriff, who told animal control where to pick up the carcasses, and informed the owner the dogs were dead. As far as the Sheriff was concerned, the case was closed. Of course, that war rural Oregon a couple decades ago, where common sense was in greater supply than among law school graduates.

Certain breeds like the Shepherd, Doberman, and Rottweiler are bred and trained for defensive purposes. The military uses Shepherds and certain other breeds extensively as patrol and sentry dogs. The sentry dogs are usually one-owner, and can be dangerous even to that person. For instance, one dog handler I knew at a Maximum Security Area in Korea had his arm broken by his own dog. The dog handlers carried .45s primarily for use as one-hand weapons against intruders, but they could also provide defense against an unexpected attack from his own dog if there was time to chamber a round.

At one time the Army donated some Shepherds for retraining to a large Eastern police department. Unfortunately, some of these were sentry

Dog Attacks

dogs, not the milder point/patrol dogs. A policeman trying to restrain one of these dog's wild behavior pulled on its choke chain, whereupon the dog turned on him, ripped off his badge and most of his shirt in its teeth. At this the patrolman said, "Good dog. Heel!" When the dog came around he plugged it with his issue .38.

Another policeman in a different city ran into a similar problem when his donated Doberman took over his patrol car. The car had no cage, and when the officer got out to handle a call, the dog went from back seat to front, barking and bearing its teeth when the officer tried to get in. The patrolman went into a fast food restaurant and called his sergeant. He explained the problem and asked the sergeant to send animal control. The sergeant said, "What? I don't have time for that. I want you in my office in 15 minutes. No ----- policeman lets a dog take over his car. Now solve the problem and get in here!" By this time a crowd had gathered. He went up to the driver's side window and taped on the glass. The Dobie jumped at the window." Woof! Woof! Woof! Bang! Bang! Bang! The patrolman then reholstered his revolver, pushed aside the broken glass and dead K-9, and drove to the station. I believe he did some days off, but his supervisor had certainly given him poor instructions.

Dealing With Dangerous Dogs —

The military, likewise, is realistic about enemy sentry dogs. In Vietnam Navy SEAL teams sent out a requirement for a silenced pistol that would take out sentry mutts in Viet Cong villages before an assault or bodysnatch. The standard model became the 9mm Smith & Wesson Model 39 with "Hush Puppy" suppressor and 147-grain subsonic hollow point ammo.

For civilian use, of course, especially in cities, firearms should be a last resort for defense against dogs. For instance, once I had to make an unscheduled stop in a small town in Arizona. There was no restaurant in the motel, so I took a walk to a nearby diner. I put an S&W snubbie .22 kit gun in my jacket pocket just in case. Suddenly, as I walked down the dark street, past an empty lot, a pack of about eight dogs ran at me barking. I picked up a couple empty cans from the gutter and threw them at the pack.

The cans landed on the street with a clatter, causing the pack to run away. I was still glad to have the .22 in reserve.

Next to firearms, edged weapons are the best lethal defense against dogs. Obviously, those that provide distance like bows or spear are safest, but the edged weapon most likely to be available when attacked is the knife. The technique should be a thrust to neck or heart. Blades with good thrusting blades and a belly, like the Randall #1 fighting knife with 6- to 8-inch blade, would work well, though a folding hunter may be all that is available. It is highly probably in this scenario that the defender will already be bitten. In the 18th Century gentlemen used their smallswords for this sort of defense, but that might be a bit conspicuous in American cities today.

For walkers and joggers there is now available a commercial oil-of-pepper spray called *Race*. Like "people Mace" this device has a certain failure rate due to such factors as distance, wind, pressure, movement by the target, etc.

Probably the most effective weapon against less than lethal dog attacks is the common stick. This weapon predated the domestication of the dog, and my guess is that that explains why the vast majority of dogs show an almost instinctive respect for the sight of one.

"Hush Puppy" suppressor, as used by Navy SEAL teams in Vietnam for sentry dog elimination, here mounted on a Beretta M84 .380.

Dog trainers traditionally use a short stick applied to the side of the muzzle to curb a charging animal. I believe the best bet for the hiker is a light walking stick of Irish blackthorn. Another possibility is a short rattan stick, effective but too light to do the dog serious injury. Not every dog confrontation need be a fight to the death: a simple stick can keep most dogs from getting close enough to bite.

One must keep in mind that the average dog owner is attached to his pet, even if he has devoted no time or money to its training.

He or she probably believes his pet is friendly and harmless. When his "friendly" dog runs at you, a stranger, he does not understand why you might be concerned for your safety. If his mongrel slobbers on you or gets close enough for fleas to jump on you, you are expected to be grateful that the mutt "likes you."

Certainly, many dog owners consider it unnecessarily inconvenient to keep their dogs inside, behind a fence, on a leash, or train them not to bark all night or poop on a neighbor's lawn. Dogs that were originally bred for hunting deer are now kept in tiny apartments.

Perhaps some day Americans will be as sensible about dogs as Europeans, whose dogs are well trained enough to take into fine restaurants. Until that day the city dweller and the rural farmer must be prepared to protect themselves from dog attacks, which can range from irritating to deadly. ●



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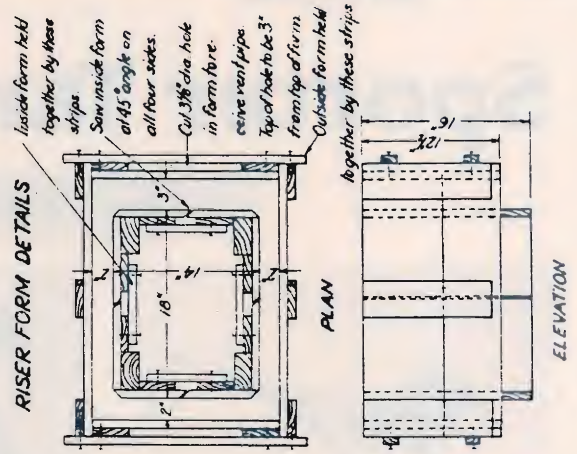
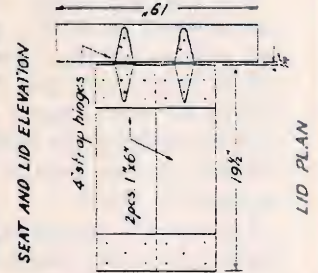
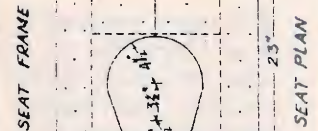
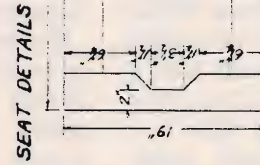
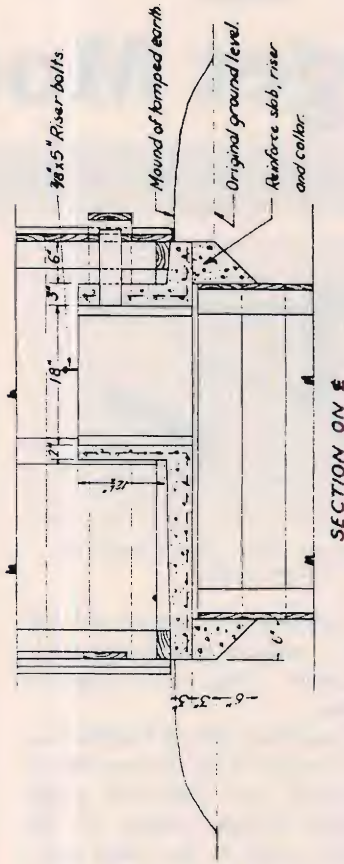
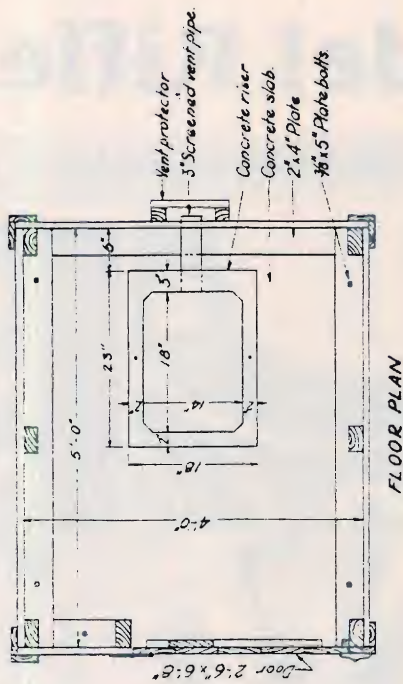
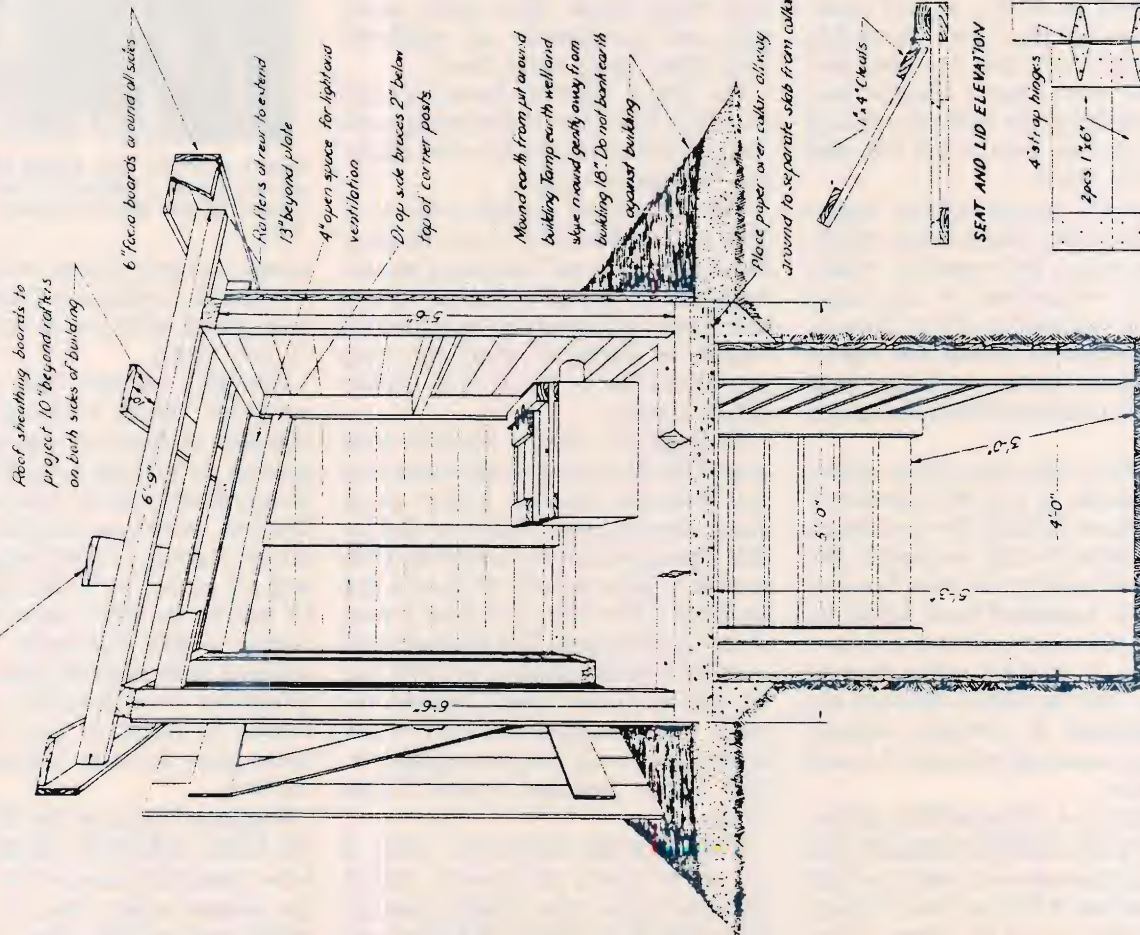
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Sporter Target Model Rifle

Newest standard model AR-15 .223 caliber semiautomatic...



Shoulder aimed firing for center of mass on the Anatomy Man target at 50 yards.



The Target Sporter barrel is thinner behind the front sight for reduced weight.

IN recent issues we've reviewed some of Colt's line of versatile AR-15 rifles: the Sporter Match Delta HBAR (October) and Sporter Lightweight Rifle (November). Here we'll take a look at the basic model of the line, the Sporter Target Model Rifle.

The Sporter Target Model, designated Model No. R6551, is Colt's newest version of the basic, venerable AR-15 rifle which Colt has been producing for more than a quarter century for military, law enforcement and civilian markets here in the U.S. and around the world.

The current crop of Sporter Target Model rifles offer shooters the refinements in design and operation which Colt has incorporated in the many years of its production of this firearm, such as improved adjustable sights, chrome lined bores, cartridge case defectors to accommodate left-handed shooters.

There have also been some minor changes made to the bolt carrier to make it more difficult for conversion of these rifles to full automatic fire mode. Additionally, the new Sporters all have a hardened steel block installed in the receiver, along with new steel pins, to prevent conversion to full auto. And the AR-15 Sporters are now marketed to civilians without bayonet mounts and with only 5-round magazines.

And there is a .22 Long Rifle caliber conversion kit available through gun dealers nationwide and made by Colt which enables AR-15 owners to shoot .22s in their guns for short range target shooting and training purposes.

The kit includes a 10-round .22 LR magazine, a simple conversion unit, green chamber plug and complete instructions.

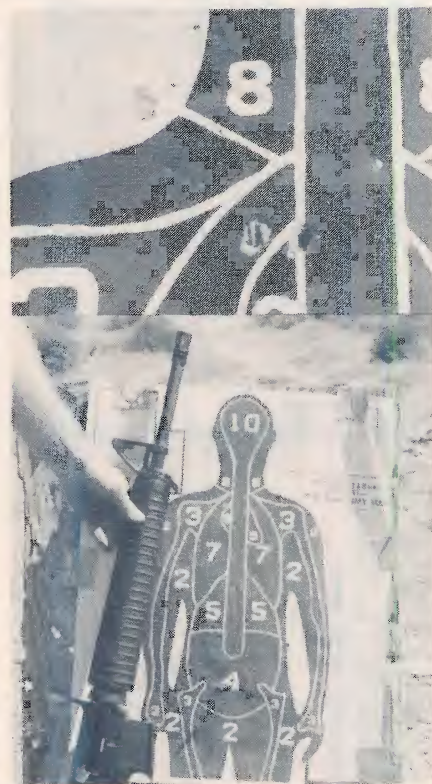
The new standard AR-15 Sporter has an overall length of 39 inches with a 20-inch barrel and 19 $\frac{3}{4}$ -inch sight radius. Total weight empty is 7 $\frac{1}{2}$ pounds. The finish is the usual military matte black. Butt stock, pistol grip and handguards are synthetic with other parts being steel.

The Target Sporter's barrel is thinner behind the front of the handguards and extending rearward to the chamber for lighter weight.

The right-hand barrel twist is 1 turn in 7 inches. Colt is now marketing a new "flat top" low-scope mount model AR-15 Sporter which has a 1-in-9 barrel twist. Another new model which should be available about the time you read this is the 9 mm caliber AR-15 Sporter.

We fired our Target Sporter with some USA 55-grain ball and some Federal 69-grain boattail hollow point match ammunition. With our Oehler 35P chronograph we clocked the USA stuff at a mean velocity of about 3,202 fps fired 5 feet from the first screen of the chronograph. The Federal stuff gave us a mean velocity of 2,769 fps. We also had some Israeli Samson 63-grain Spitzer ammo but only a few rounds, so we did not chronograph it. This ammo produced a good 3-shot group.

With shoulder aimed fire using a rest at 50 yards, the Sporter Target produced some nice groups, particularly with the match stuff. One three-shot group with the Federal Match



Results of 50 yard firing. Federal 69-grain match ammo produced a four-shot 2 $\frac{1}{4}$ -inch group. Samson 63-grain Spitzers produced a 1 $\frac{3}{4}$ -inch group.

ammo was only $\frac{3}{4}$ -inch. And the Samson rounds produced a three-shot 1 $\frac{1}{4}$ -inch group, with two of the hits only $\frac{3}{8}$ -inch apart.

Basically, we were able to hit any point we aimed at firing from the shoulder or from the rest at our targets set up 50 yards away. The Sporter Target Model and the other new AR-15 Sporters we've now handled and shot, are all capable of admirable accuracy, and all proved to be totally reliable. Of course we didn't have the opportunity to fire thousands of rounds through each of these guns to gauge reliability over long-term use. But there's no doubt in our minds that these guns are very accurate out of the box.

Suggested retail for the Sporter Target Model is \$879.95. There are quite a few knock-off copies of the AR-15 on the market today, some of them are pretty good quality, others are so so. But there's only one Colt. ●

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not provided with this prize). All metal parts are phosphated (parkerized) and then given the highly rust-resistant "MAX-Coat" electrostatically applied, baked on powder coating finish. Firing pin interchangeable with

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Prizes 4

Robert Terzuola designed Gryphon M30A1 Knife from Cutlery Shoppe (Dept. ASG, 5461 Kendall Street, Boise, ID 83706-1248; phone 208-376-0430, toll free orders 800-231-1272, fax 208-376-7608. A production version of the widely respected Terzuola M30A1 Battleguard combat/field knife. Carries a full lifetime guarantee. Blade of AIS-34 steel—the best steel money can buy for a knife blade, double sub-zero quenched for maximum strength and performance. Indestructible Zytel handle with ergonomic comfortable grip checkered and striated for slip-proof hold. Comes with Blackie Collins heavy reinforced black Cordura belt sheath. Value \$225. The second knife of Prize No. 4 is the Aitor Bushi knife from Catocin Cutlery (Dept. ASG, P.O. Box 188, 17 S. Main St., Smithsburg, MD 21783; phone 301-824-7416, fax 301-824-6138). Weight is only about 5 ounces and the plastic sheath is only one more ounce. Overall length is 10.5 inches. Blade is 5.5 inches and made of 440-B stainless with two sets of sawteeth and soft, ergonomic brown rubber handle with cross-hatch design for sure grip. Sheath has sharpening stone. Value: about \$45.



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Military Clothing:

Camouflage Uniforms of the Persian Gulf War

A mixture of new and old patterns of camouflage wear is seen on participating troops from many countries. . .

By Dr. J.F. Borsarello



The Saudis quickly chose the U.S. 1981 desert camo pattern for the Gulf War of 1991.



Iraqi camo suits made in Korea.



Syrian camo uniform in the gulf.



Oman Sultanate desert camo suit.

The author, who resides in Paris, France, is a former colonel in the French Air Force medical corps. He collects military camouflage uniforms from around the world and owns hundreds of different types. In this article he displays some of the many types of camouflage clothing worn by military forces during the Persian Gulf War — The editors.

A revelation in the short war against Iraq earlier this year was the importance of choice of camouflage uniforms worn by the troops participating.

If certain people think the camouflage uniform is just prestige clothing, now the contrary is demonstrated!

Many patterns have been tried during this short war and it could be seen

particularly a curious reversible U.S. desert day time and desert night time pattern worn by certain units in very short quantity.

Even the French Army, which does not like the "lizard" pattern since its defeats in Indochina and Algeria, has been obliged, lately, to fit its soldiers with a special desert camo suit! Arriving in Yanbu, Saudi Arabia, in green olive drab, the French Army became aware it was alone in these "anti-camouflage" clothes! So, very quickly, the French quartermaster has a good reaction and one month after, the old, previously used material for overseas is issued. So 80,000 suits are made



Republican Iraqi forces special camo suit.

Iraqi patch work camo suits in the Gulf War.



The most recent desert camo of the Egyptian forces in the gulf.



The most recent camo suit for British desert troops.



French Foreign Legion troops in camouflage suits in the gulf.

and sent to French troops in the Middle East... just in time.

So it can be seen with very good material in this field—French, U.S., British, Syrian, Egyptian and Saudis. The other troops, Kuwaiti, Moroccan, **Senegalese**, **Omani**, etc., wear generally good clothing but their forces will not have the possibility to fight enough for an appreciation of the effects of their camouflage patterns, often only

sand color not printed.

The best suits will certainly be U.S., British, French and Egyptian patterns, well studied and really made for desert landscapes. Syria, Emirates, Morocco, wear not very well adapted and it can be seen that these clothes were worn before the Gulf War, made for rocks, forest (woodland), even urban fighting, but not for desert.

That is for allied forces, rather well

organized, with much money, experience and training. For these armies, camouflage is regulation, tested and good fashion.

For the Iraqi Army, all materials and clothes, helmets, light weapons, represent really a patch work. Camouflage suits are bought by officers themselves, since many years, each general has three or four camo patterns he wears as a woman changes her dress in the

Camouflage Uniforms of the Persian Gulf War

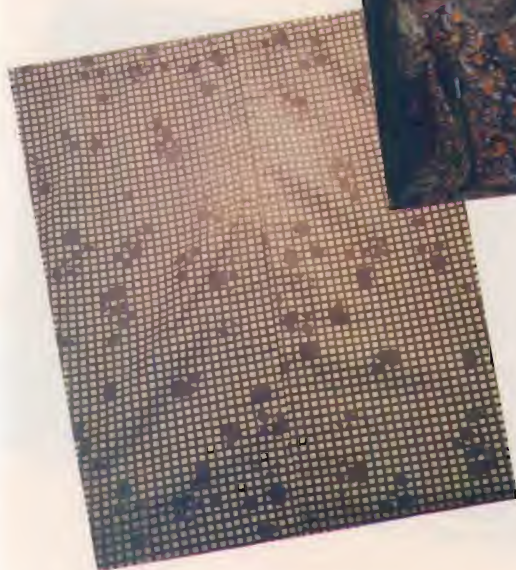


Kuwait Army wearing old British DPM camo desert uniforms.

Camo suits of Kuwaiti and United Emirates before the Iraqi invasion.



The author with "friends" wearing a small part of his collection.



The new day and night desert camo pattern of the U.S. forces for the Gulf War.



morning and evening, for dinner, theater or garden party! No regulation, no camouflage effect studies. It could be seen at the beginning of the war on French television six soldiers speaking in south of Iraq, they wore six different patterns: one South Korean, one British DPM, one British desert type 1975, one Chinese, one Romanian made similar to U.S. M65 (Republican Guard), one unknown, and another

similar to French lizard.

One of our friends in the U.S. Army, at present time back in Germany, Dan Petersen, has brought back 30 different patterns from the gulf!!! He sent us pictures, it looks like camouflage suits a fantasy and not a protection for soldiers.

So in this short war, full with many people gathered in order to fight, the demonstration of camouflage suit effects is

made. Even countries such as the USSR, Spain, Greece, Pakistan, of whom nobody spoke very much, had prepared a camouflage pattern for desert; we have these studies and even the suits themselves. Special anti-gas, flack jackets, helmets, shoes, bullet proof clothes were made also. Now we can be sure that camouflage patterns have a good future, for the best health of the troops!! ●

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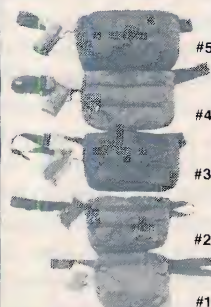
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The leading cause of death in infants aged two weeks to one year. . .

Death Syndrome

By M. Pietrantoni, EMT



CPR training is mandatory for parents and caretakers of infants on apnea monitors. However, such training should be considered by all parents of newborns.

EACH year in the United States, some 8,000 to 10,000 seemingly healthy and well cared for infants, go to sleep, stop breathing, and die.

Modern researchers have dubbed this phenomena SIDS, for Sudden Infant Death Syndrome, SIDS, however, is by no means a strictly modern phenomena. For much of this century it was known as crib or cot death. Before that, for almost 2,000 years it was known as "overlaying" since it was thought to be caused by a mother rolling over in her sleep and smothering the child. Indeed, Kings 3:19 of the *Old Testament* reads: "And this woman's child died in the night; because she overlaid it."

Medical research has, of course, proven that "overlaying" is not the cause of SIDS. However despite decades of intensive efforts, millions of research dollars, and the introduction of computerized heart and breathing monitors for high risk infants, the number of babies dying from SIDS has remained relatively constant, and the underlying cause of these deaths, unknown.

SIDS is not a disease. Rather says microbiologist J.A. Lindsay of the University of Florida, "It's a diagnosis of exclusion. If you can't find a pathological answer" for the cause of death in an infant "you call it SIDS."

SIDS is the leading cause of death in infants aged two weeks to one year. Over 90 percent of cases occur before the baby reaches the age of six months. About two of every 1,000 babies born alive in the U.S. each year die of SIDS. That number remains relatively constant across racial, ethnic, and geographical lines. The vast majority of infants diagnosed as having died of SIDS were not identified as "high-risk" infants prior to succumbing to SIDS.

SIDS deaths are more common in

males than females. It occurs more frequently in cold weather months than warm weather months and most often between the hours of midnight and 9 am. A majority of SIDS babies have also been found to have had a cold or other respiratory infection in the days or weeks immediately prior to death.

Studies have shown that infants of younger mothers are at a somewhat higher risk for succumbing to SIDS than are infants of older (25+ years) mothers. Likewise, premature or low birthweight babies also seem to be at a greater risk of dying from SIDS than do full term and normal weight babies.

There is no obvious genetic link to SIDS. It does not seem that a tendency towards SIDS occurrence is passed from one generation to another. However some studies do indicate a substantially higher risk to infants who have had a sibling die of SIDS.

The routine immunization and vaccination of infants has been investigated for any possible link to SIDS. A 1988 study published in the *New England Journal of Medicine* found no increased risk of SIDS following immunization with the standard DPT (diphtheria-pertussis-tetanus) vaccine. Indeed, that study found fewer SIDS deaths following immunization than at other times. It also found a greater incidence of SIDS in non-immunized infants than in those who had been immunized.

In the past 20 to 30 years literally dozens of theories as to the cause of SIDS have been proposed and investigated. These theories have ranged from deficiencies in thiamine and vitamin C levels, to sleeping positions, thyroid problems, blood disorders, and even possible allergic reactions to the materials used in bedding or sleepwear.

In the 1970s researchers began focusing on the possibility of sleep apnea

playing a major role in the occurrence of SIDS. Sleep apnea is a condition where an infant suffers periodic cessation of breathing. It is a relatively common condition, occurring in a majority of young infants. Usually apnea episodes are of short duration, 20 seconds or less. Though frightening for a parent who witnesses such an event, these short duration apnea episodes pose little risk for the infant. In rare cases though apnea can be life threatening with an infant failing to begin breathing again on his own. In these cases an apnea episode will lead to full scale respiratory arrest.

Like SIDS itself the mechanisms underlying apnea in infants are not well understood. However researchers theorized that if infants could be monitored electronically, and parents trained in resuscitation techniques, the number of SIDS deaths would decline. With this theory in mind, physicians in the 1980s began advising parents of "high risk" infants to begin using the electronic heart and breathing monitors. Throughout the decade literally hundreds of thousands of infants were attached to these monitors.

By the end of the decade researchers had a large enough data base to begin



An example of an infant home apnea alarm
(Robert Hermida, EMT — Senior Instructor).

to analyze the effects electronic monitoring had on the overall incidence of SIDS deaths. Unfortunately it was discovered that while monitoring was certainly appropriate for "high risk" infants, such infants actually accounted for a very small percentage of SIDS deaths. Large scale monitoring, it was found, had no noticeable impact on the SIDS death rate. Indeed by the end of the 1980s the theory of apnea linked SIDS was being abandoned by large numbers of researchers.

Recently scientists have begun to study the possibility that minor defects in the developing brain of the infant might play a role in SIDS. A number of theories linking brain development with SIDS have been proposed. One such theory focuses on myelin, a fatty substance which coats the nerve connections (axons) in the brain. Myelin enhances the electrical transmission of nerve signals between axons. If the myelin is defective in one way or another the electrical signals the brain uses to control respiration and cardiac functions might become jumbled and ineffective.

Another brain related theory focuses on the possibility that defects in the brain stem might be related to SIDS. Neural circuits in the brain stem control respiration and heart rate during sleep. It has been reported that many SIDS victims, upon being autopsied, appear to have abnormal scarring in the brain stem. The possibility that this scarring is a cause rather than an effect of SIDS is now being investigated.

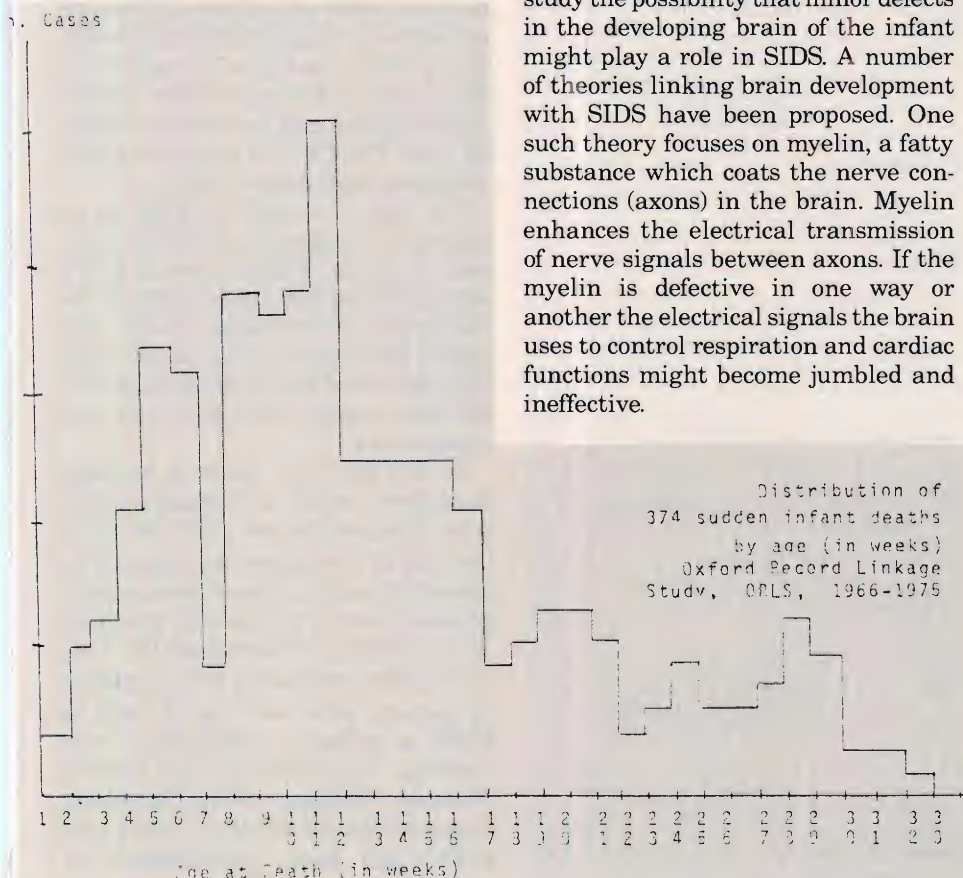
Other theories propose an internal mechanical obstruction to breathing. In the book *Sudden Infant Death, Patterns, Puzzles, and Problems* by Golding, Limerick and MacFarlane, the authors note that, "Up to 30 percent of new born babies are obligatory nose breathers. This means that they breath through their noses and that if their noses are occluded, they do not automatically open their mouths to breath." Obstruction of the nasal passages could occur because of respiratory infection, which as noted earlier, is a common characteristic in many SIDS babies.

Dr. Shirley Tonkin, a New Zealand physician, has focused on the tongue of the newborn as a possible mechanism for airway obstruction. She suggests that since an infant's tongue is relatively large, an infection might cause the relaxation of the jaw muscles and allow the tongue to cause a mechanical blockage to breathing.

Other possibilities as to the underlying cause of SIDS are also being researched. These include immune system disorders, metabolic disorders, and problems in the pineal glands of the new born. The latter are responsible for regulating the body's circadian rhythms — the normal human sleeping and waking cycles.

Long Term Research Efforts—Many of the SIDS research efforts currently underway are being carried out under the auspices of the National Institute of Child Health and Human Development, NICHD. In 1989, after an intensive lobbying effort by SIDS advocacy groups, various concerned individuals, and Senator Fritz Hollings (whose grandchild was a SIDS victim), Congress ordered the NICHD to develop a Five Year SIDS Research Plan.

The Five Year Plan developed by the NICHD and approved by Congress in 1989 has a number of objectives. A report prepared for Congress by Dr. Marlon Willinger, PhD, who is the NICHD official in charge of the SIDS program, lists these objectives as "expanding the base of knowledge about SIDS; understanding the causes



Throughout the world, population studies have shown a typical pattern with age at death. In North America, Australasia, and Britain, the pattern is similar to that shown for the ORLS study above. The majority of deaths occur between 4 and 20 weeks, with a peak incidence in the third month.

Sudden Infant Death Syndrome

and underlying mechanisms of the syndrome; identifying infants at risk; clarifying the relationship between high-risk pregnancy, high-risk infancy, and SIDS; elucidating the psychological impact of sudden and unexpected infant death on parents, siblings and the extended family; exploring preventive approaches; preventing sudden infant deaths, and ultimately, reducing the rate of infant mortality in the U.S."

To accomplish these objectives the NICHD has sought to identify and fund studies in promising areas of research. Currently NICHD is funded between 20 and 30 such research projects around the country. Largely because of the lobbying efforts of SIDS advocacy groups funding for SIDS research has gone from a meager \$500,000 in 1985 to \$7 million in 1991 and a projected \$10.5 million in 1992. In addition to the specific individual SIDS research projects currently underway, the NICHD is also seeking to develop a

centralized SIDS database for researchers. This database would combine all of the information that has been gathered over the past 20 or so years of SIDS research.

Currently, home monitoring is considered appropriate only if an infant falls into one of two major categories. 1) Infants who have had an unexplained episode of prolonged apnea or, 2) infants with a positive family history of apnea of infancy, AOI, or SIDS. (Note—prolonged apnea is defined as an apnea episode where the infant stopped breathing for more than 20 seconds, became cyanotic — turned blue — and/or required vigorous stimulation or resuscitation in order to resume breathing.)

Having an infant on a home apnea monitor places great stress on parents. It means that they can never be more than a few seconds away from the baby since a quick response to a monitor alarm is vital. The fact that the monitors frequently give off false alarms,

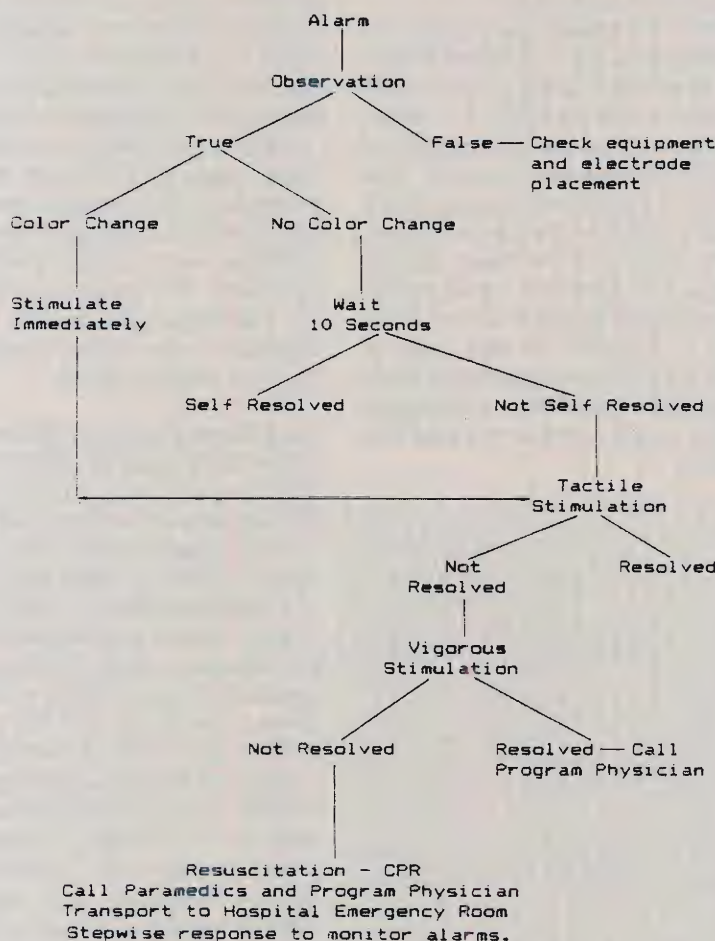
increases the stress on the parents. "You live with this monitor that attaches you to the baby 24 hours a day. It's almost like an umbilical cord... It got so bad I had to have somebody in so I could go to the bathroom," says one mother of a monitored baby.

When home monitoring of an infant has been determined to be appropriate, the parents (and any others who might be responsible for the care of the monitored infant), must be fully trained in three areas. First, all caregivers must understand the use, maintenance and troubleshooting of the monitoring equipment. Second, caregivers must be trained in the clinical observation of the infant in order to determine if intervention is necessary once an alarm sounds (see diagram). Third, caregivers must be certified in infant cardio-pulmonary resuscitation, CPR, techniques.

This last requirement for CPR training, while mandatory for parents and caretakers of infants in monitors, **SHOULD BE CONSIDERED BY ALL PARENTS OF NEWBORNS** regardless of whether or not their infants are considered at risk for SIDS. CPR training is widely available through local Red Cross and American Heart Association chapters, and is often also offered by local YM/YWCA's and community volunteer ambulance corps.

The loss of a child to SIDS is an extremely traumatic event for the parents. A survey of SIDS parents by Dr. John DeFrain and Linda Ernst of the University of Nebraska found that nearly 100 percent of the parents said that the loss of their baby was the single most severe crises they had ever experienced.

In the past few years a self-help movement aimed at helping parents cope with the intense grief caused by the loss of a newborn, has sprung up across the country. There are currently at least five such groups with hundreds of local chapters throughout the U.S., which offer counseling and assistance to parents who have lost a child to SIDS, or suffered a stillbirth or miscarriage. One of these groups, Resolve Through Sharing (1310 Broadway, Summerville, MA 02144-1731; 617-623-0744), has been instrumental in establishing perinatal bereavement programs in more than 500 hospitals across the country.



Parents with infants on home apnea monitors must be trained in the step by step process of observation, evaluation, and intervention, (CPR), in response to an alarm.

The Future — The key to finding both the cause and cure of AIDS is adequate funding. While the dollars allocated to AIDS research efforts have grown in recent years, funding levels are still far from adequate.

The Sudden Infant Death Syndrome Alliance, a non-profit coalition of national and regional SIDS organizations, is seeking to increase funding for SIDS research to a level of about \$30 million a year. That amount would, according to the Alliance provide a "fully-adequate" level of SIDS research funding. Given the billions of research dollars currently being spent on the more high-profile diseases such as AIDS, \$30 million a year for a disease which kills almost 10,000 infants each year does not seem excessive.

The SIDS Alliance, in addition to lobbying for greater SIDS funding, also provides free informational brochures about SIDS to new and expectant parents and the general public. The Alliance can be reached by calling 800-221-SIDS, or by writing to: The Sudden Infant Death Syndrome Alliance, 10500 Little Pautextent Parkway, Suite 420, Columbia, Maryland, 21044. •



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Hunting to Survive

(Continued from page 27)

exactly what you expected? Trust me. I have gleaned reams of information from books such as these. Information that has proven invaluable to me time and time again.

Other excellent books include The Audubon Society Nature Guide series, which is jammed with myriad bits of useful information, The Audubon Society Field Guide Series, which is outstanding, and Harper & Row's *Complete Field Guide to North American Wildlife*. You would do well to have these in your personal library.

Own a TV? Your local PBS channel may offer one of the best nature shows on television: *Nature Scene*. If you get it, don't miss it. Another worthwhile production on your PBS station is *Nature*.

L.L. Bean, which I teach a wilderness survival workshop for in their Outdoor Discovery Program, offers one of the finest series of hunting videos available. For a list of all the videos they have available, write to L.L. Bean at Freeport, Maine 04033.

There are also a wide variety of magazines on the market that publish a plethora of information on hunting. Don't make the mistake of buying a magazine for its eye-catching cover, though. Buy the magazine for its instructional value, not its aesthetics.

If you are in a genuine survival situation, common sense dictates that you must take what you find. The rules go out the window when it's between you and Mother Nature. Keep in mind, however, that when you are "practicing" your survival skills, ethics dictate that you must stay within the realm of the law. Those laws may seem bothersome to you from time to time, but they are the reason we still have game to hunt in this country.

It goes without saying that different animals have different habits. One factor remains a constant, though. Everything an animal does is directly influenced by its need for food and water, shelter from the elements, self-preservation or procreation. If you approach survival hunting with these things in mind, you will already have taken a giant step forward in being a successful hunter.

If you are impatient, stop being so right now.

There now. That was easy, wasn't it? The most proficient hunters are patient almost to a fault. They can — and do

— lay in a "hide" for hours on end without so much as twitching. They will stalk or track their quarry until they take it, regardless of how long it takes or what the conditions are. Patience means determination.

And they are intimately familiar with the habits of their prey. They do not guess. They calculate. They do not take risks. They weigh the odds and take the necessary action. They hunt intending to kill. They mean full well to come out on top.

In survival hunting, it's not how you play the game; it's whether or not you win. If you win, you live. If you lose, you don't live.

Deer such as the revered white-tailed (*Odocoileus virginianus*) are one of the most wary mammals on the continent. Becoming an expert at successfully hunting them takes years, even decades. They are elusive beyond belief at times, but still find their way into tens of thousands of hunter's freezers every year.

These hunters know that deer, like any other animal, crave sex, though probably not for the same reason humans do. They use buck "grunts" to lure in rutting males. They smear the vegetation around their hides and stands with chemicals that imitate doe estrus. They take note of sign that indicates the presence of an active buck, such as scrapes and rubs.

They also know that deer love apples, acorns and a remarkable variety of other foods. They put this knowledge to good use by taking up a shooting position between resting and feeding areas.

And they are very aware of the fact that deer have exceptionally keen senses. Their sense of smell and sound are incredibly well-tuned.

Curiosity is one of their shortcomings as well, besides their sometimes overpowering urge for food and sex. On several occasions I have snuck up on deer that were lying on hillsides, looking down onto a road, watching the cars go by.

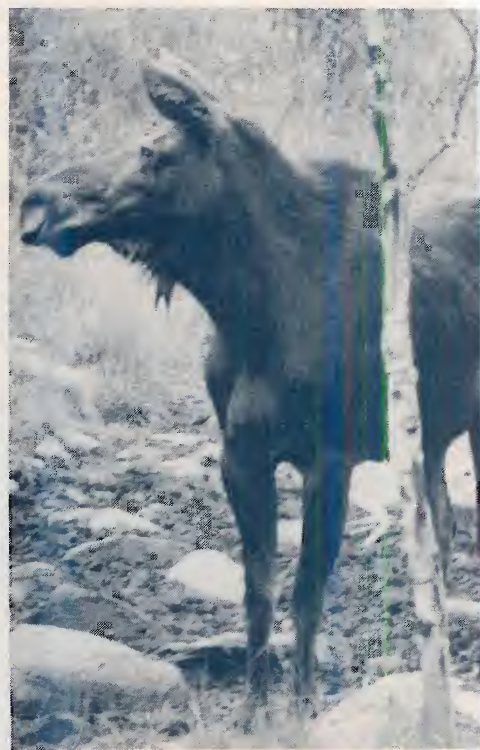
Waterfowl, on the other hand, do not display this blatant sense of curiosity. Ducks and geese are known for their skepticism and shyness. They do, however, have a strong desire for companionship. They can be lured into a decoy set if you place the blocks correctly and use your call in the right manner.

Both of these skills takes practice,

as you might expect. After more than two decades of waterfowling, I am just now beginning to get quite good at the use of decoys and calls. Then again, it may be that I am just a tad slower than the next guy.

Ducks and geese have fantastic eyesight. Perfect camouflage means more birds for the survival hunter.

Upland game such as rabbits and squirrels are frequently — almost always — easier to come by than big game like deer and moose. There are generally more of them in a given area, and they are usually much less wary. Woodchucks, prairie dogs, badgers, marmots and other burrowing mammals make for easy pickings if you are good with a flat and fast shooting varmint rifle such as the .220



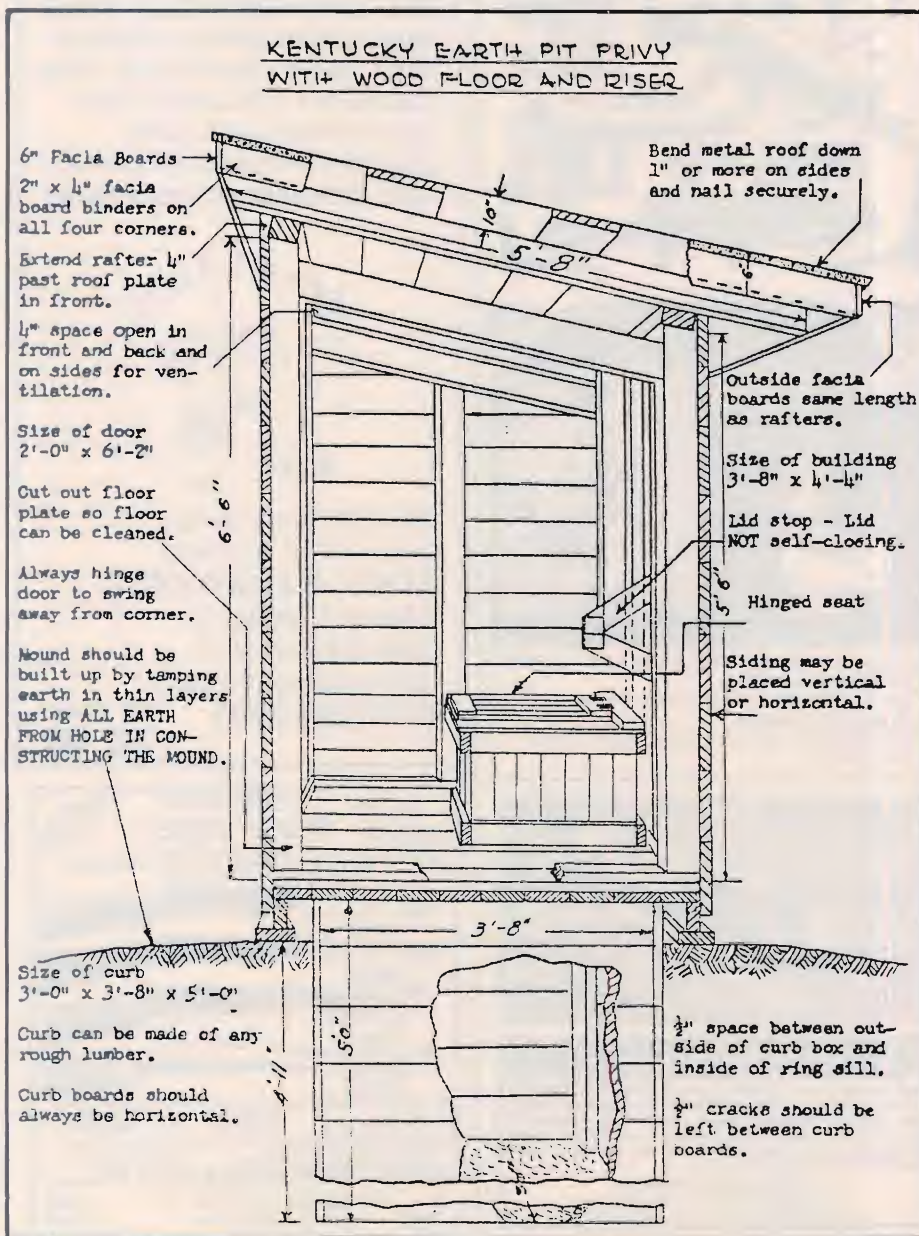
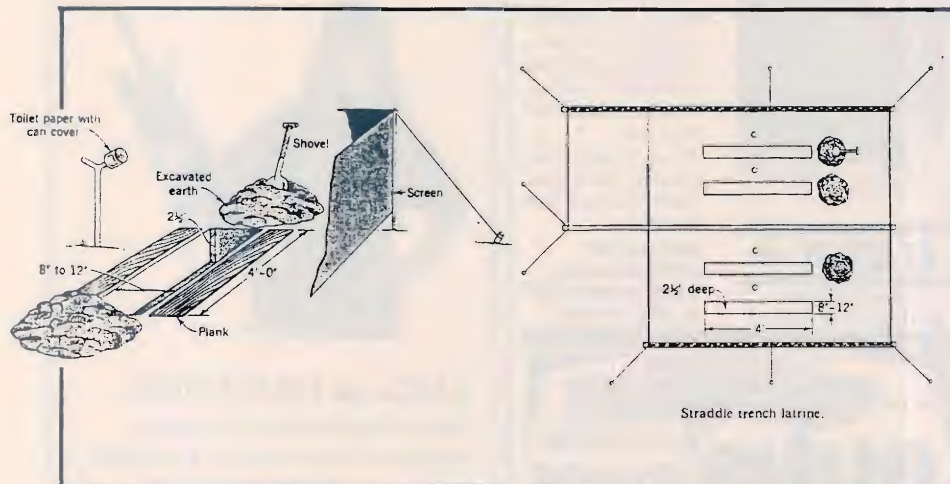
One shot from a .270 Winchester killed this cow moose instantly.

Swift or 25-06 Remington. Look for woodchucks in the early morning and late afternoon in rocky fields, especially those with a bit of slope to them.

Start boning up now for the time when survival hunting is no longer a pleasant diversion on a perfect weekend, but a "do or die" situation when you least expect it.

Unlikely? That's what the Filipinos and Japanese thought, until volcanoes started going off in their backyards. ●

Field Sanitation



(Continued from page 49)

dations and fence posts that lie too close. Be sure to take into consideration the direction of the prevailing winds to reduce flies and smells.

Wood should be pressure treated with penta to prevent rot. The use of concrete for the floor and riser as in the Mississippi plan is the most desirable. The privy is designed to keep insects, rodents, and other animals out. The venting is most important to prevent odors. Keep the seat lid down when not in use so all air goes out the vent, not into the privy. The privy must be dug out when full.

Thankfully a pit 3 by 4 by 6 feet deep will serve an average family for three to five years at a time.

Try to use toilet paper, stored for use during an emergency, instead of old fashioned newspapers, leaves, and Sears catalogs which fill up the privy faster. Lay in a big stock of toilet paper for a survival scenario or face digging out the privy more often.

Apply residual fly spray to the building and keep it clean and fly tight. Put some borax, fuel oil or kerosene in the pit, Keep waste water out and the pit dry. The natural decay of the pit contents reduces odor. If a deodorant is needed you may use chlorinated lime, chloroben, iron sulfate, copperas, activated carbon, or pine oil. Clean the seat with hot water and detergent. Privies are the best solution short of indoor plumbing, and should be used whenever possible. They rank as a top priority.

For temporary field sanitation the straddle trench latrine may be used. This is a trench one foot wide, 2½ feet deep and 4 feet long. It will accommodate 25 men for one day and is then covered up and another dug.

For one person a simple cat hole 1 foot deep will suffice. Cover up and dig a new one each day.

The use of chemical toilets and pail Privies is to be avoided whenever possible in a survival situation. They are more trouble and less safe and sanitary than the traditional privy or even the trench latrines. The use of a septic tank privy also is less practical, as in the absence of running water the tank must be filled to overflow level by hand and then a minimum of two buckets daily added. These tend to stink excessively also.

When building a privy follow the plans carefully. Like your indoor plumbing it may look simple, but there is a lot to go wrong with a sorry installation. ●

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Benelli M3 Super 90 (Continued from page 24)



The cartridge drop lever shows when the hammer is cocked.

The M3 uses the shotgun's recoil energy to operate in the semiautomatic mode, eliminating the drawbacks of systems that use barrel recoil, especially barrel vibration requiring the use of muzzle brakes with powerful ammunition, and gas operation which requires frequent cleaning and tends to malfunction in bad weather.

We were fortunate to be loaned from HK one of the new M3s with rifle sights and folding stock and pistol grip. Since the M3 with standard 19 $\frac{3}{4}$ -inch cylinder bore barrel is rather long with full stock, the folding stock provides the user with the option of a much more compact firearm and serves as a natural handle for carrying the weapon. The strong, welded tubular steel stock has a thick rubber butt pad which is very useful when firing magnum loads, especially the 3-inch magnums.

Our test gun had a uniformly matte black finish on all parts and was all steel with the exception of the high impact plastic material used for the fore grip assembly and hard rubber pistol grip and butt plate pad.

Sights were adjustable with square notch rear and front post with three white dots (two on rear sight, one on front post) for low light sighting.



The selection ring in front of the fore grip is used to switch from pump to semiauto operation and vice versa.

The rear sight also doubles as receptacle for holding the butt stock in place when folded. Pressing a button on the left of the sight releases the stock so it can be extended. When folded the stock locks into place on top for the rear sight when pressed down on it.

The safety is a cross-bolt type located behind the trigger. A red ring showing on the left side of the safety indicates the weapon is in the fire position.

Test Firing — At a public shooting area, we test fired the M3 with a var-



Adjustable rifle sights of the M3 with white dots for low light conditions. Rear sight adjusts for elevation, front sight for windage.

ity of Federal, Remington and Winchester 3-inch and 2 $\frac{3}{4}$ -inch 12 gauge loads, including magnums. With our Oehler 35P chronograph we obtained the following mean velocities for the ammo fired about four feet from the first chronograph screen: Rem. #7 $\frac{1}{2}$ shot 2 $\frac{3}{4}$ -inch—1232 fps; Fed. Premium 1 $\frac{7}{8}$ oz. Magnum BB—1129 fps; Win. Super-X 000 Buck 2 $\frac{3}{4}$ -inch—1,309 fps; Win. 3-inch Mag. #4 shot—1063 fps; Fed. 2 $\frac{3}{4}$ -inch #4 field—1240 fps; Fed. 2 $\frac{3}{4}$ -inch Hi Shok slug—1478 fps.

The M3 handled all loads tested without a hitch—no malfunctions of any kind. The gun is easy to sight with its excellent rifle sights and is very accurate. The different loads patterned well on silhouette targets placed from 20 to 35 yards away. We put a slug into the heart area of one target with ease firing quickly from about 30 yards.

The 3-inch magnum loads do have quite a kick to them, but the thick rubber butt plate pad makes firing these loads far more acceptable than with other comparable shotguns.

True to the reputation of the Benelli Super 90 line, it's possible to fire off many shots rapidly with this gun in the semiautomatic mode. Firing in this manner you empty the magazine in just a few seconds.

Being of smaller stature myself (I'm only about 5' 6"), I find the M3 Super 90 a little longer, with stock fully extended, than I'd like. I really have no problem using the shotgun, but it's not quite as comfortable to operate the pump with my shorter arms. This gun is also a bit heavier than the 12 gauge shotguns I own (Beretta 1200FP, Winchester Defender) and, again, being of shorter stature, the added weight is noticeable, though certainly not a serious hindrance. Aside from these minor criticisms, I couldn't find anything about this rugged, handsome and very versatile new shotgun that I didn't like. Associate Editor Scott Stoddard, who's 6' 1" with longer arms, found the gun very much to his liking.

The ease with which one can switch firing modes, from pump to semiauto or vice versa, the M3's handling and pointing characteristics, its reliability and accuracy indicate to us that this will indeed be another highly popular HK firearm and one well suited for a wide variety of civilian, law enforcement and military uses. ●

Benelli M3 Super 90: Tech Specs

Gauge	12
Chamber	3-inch (including 2 $\frac{3}{4}$ -inch & magnums)
Operation	pump/semiauto, inertia recoil, Montefeltro rotating bolt
Magazine capacity	7 (2 $\frac{3}{4}$) or 6 (3)
Lengths:	
Barrel	19 $\frac{3}{4}$ inches
Overall	41 inches (stock extended), 31 inches (stock folded)
Choke	cylinder
Weight	7 lbs., 10 ozs.
Finish	matte black
Stock	tubular steel, top folding pistol grip butt stock
Sights	adjustable rifle
Price, suggested retail	\$959
Manufacturer	Benelli armi, Italy
Importer	Heckler & Koch, Inc. 21480 Pacific Blvd. Sterling, VA 22170 (703) 450-1900

Survival Guide Index 1991

Survival Guide Index 1991

The following is an index to articles covering the 1991 year. The articles are grouped in the same format as our current Table of Contents. The years 1982 - 1985 were listed in the April 1990 issue. The years 1986 - 1989 were listed in the May 1990 issue, and 1990 was listed in the December 1990 issue. — The Editors

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
<ul style="list-style-type: none"> • Eagle Arms EA-15E2 HEAR • Chinese Tokarev 38 Super • Beretta 950BS 25 ACP Pistol 	<ul style="list-style-type: none"> • D-Max 45 Pistol & 10MM Carbine • Makarov 380 Pistol • AR-7 22 Rifle 	<ul style="list-style-type: none"> • 44 Auto Mag Pistol • SIG P-226 Pistol 	<ul style="list-style-type: none"> • Glock 40 S&Ws • Ruger Mini-14 • Beretta 21A Pistols 	<ul style="list-style-type: none"> • S&W 1076 10mm Pistol • Mossberg Model 500 Shotgun • Secondhand 38 Revolvers 	<ul style="list-style-type: none"> • Australian Arms' 223 Pistol • Exactor 22 LR Pistol • Davis 32 Pistol 	<ul style="list-style-type: none"> • USAS-12 Shotgun • SAW Model 3913 9mm Pistol • Browning Baby Pistol 	<ul style="list-style-type: none"> • 50th Anniversary M1 Carabines • Autmag II 22 Magnum Pistol • Custom SKS Rifle 	<ul style="list-style-type: none"> • Falcon 10mm Pistol • Davis Derringers • Thompson/Center Carbine 	<ul style="list-style-type: none"> • Colt Delta HBAR Sporter • Iver Johnson Compact 25 • SIG-S Carbine AR-15 Sporter 	<ul style="list-style-type: none"> • Ram-Line Exactor 22 Pistols • H&R 32 Magnum Revolver • Colt Lightweight AR-15 Sporter 	<ul style="list-style-type: none"> • M3 Super 90 Benelli Shotgun • Casull Interchangeable Cylinders • Colt Sporter Target Model • Browning Hi Power
<ul style="list-style-type: none"> • 12 Gauge Speedloader • Spyderco Tenzuola Clip • Turbo Deluxe Crossbow • SOG Pentagon Knife • Sportsman's Oven • Hellfire Trigger Activator 	<ul style="list-style-type: none"> • Gryphon Knife • Versa Kit • Wrath Knife • Intensa-A-Fire Radio 	<ul style="list-style-type: none"> • Reconditioned Generators • Purifying Water Purifier • SRT-1 Survival Rescue Tool • Executive 72 Hour Kit • Trigger Devices • Spyderco C14 Rescue Knives 	<ul style="list-style-type: none"> • Spyderco's New Zryel Folders • Mighty Mower Winch • Electronic Gas Alarms • The Max Multi-Purpose Tool • Belt-Bag Holsters • Auto Pack • Condor Knives 	<ul style="list-style-type: none"> • Spyre Knife • Grapple Hook • Custom Vehicle Kits • Scorpion II Stove • Military Wrath Knife • Benchmade Tactical Hunter 	<ul style="list-style-type: none"> • Altor Alamo, Bushi Knives • RWS Delta Argun Knife • EK Desert Parol Knife • Three Foot Blowgun • BC200XLT Handheld Scanner • Personal Alarm Devices 	<ul style="list-style-type: none"> • Survival Staff • Rubber Deterrent Ammo • DEI Vehicle Alarm Systems • Smoke Candles • Diving Knives • Special Purpose Ammo 	<ul style="list-style-type: none"> • Delzone Purifier • BodyGuard Spray • Code Red Batteries • Pulsar 2000 • Halsell Swedish Knives 	<ul style="list-style-type: none"> • Ultimate II Kit • SOG Tool Clip • Gryphon Utility Knife • MRE Heaters • Survival Rescue Knife • Companion I Knife 	<ul style="list-style-type: none"> • Lock & Load Targets • MagCharger Flashlight System • Spyderco ProHunter Knife • Rust Bo Staff • Gore-Tex Desert Camo Suit 	<ul style="list-style-type: none"> • ASP Batons • PLS-2 Laser Sight • Micro-12, Shellcracker • Vice II Hoisters • Wall Vaults • Sins Gas Alarm • Snap Lights • Spraystick Baton 	<ul style="list-style-type: none"> • Code Red Batteries • DieWinness Defense Spray • NITRO-PAK's New Store
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SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 1201
Villa Park, California. Survivalist group looking to expand and network the area. Looking to exchange all information and train with other groups. Knowledge and interest cover all aspects of survival, combat maneuvers, etc. Will answer all letters. Act now, not later!

ASG 1202
USA and World. I am a Christian lady in my 30s interested in writing a book on survivalists. Please send me a letter telling a little about yourself: age, sex, race, military, job, why you are a survivalist and what kind of survival you are into. I feel most survivalists have gotten a bad rap from the media. You don't have to sign your name — just initials and state/country. No obscene material or love letters.

ASG 1203
Portland, Oregon. Would like to hear from and exchange information with anyone interested in being prepared. Would like info on weapons, explosives, communications, tactics, etc. Need not be local.

ASG 1204
29 Palms, California. White male, 23, active infantry, would like to correspond with females that love the outdoors and enjoy learning survival skills. All letters answered. No drug users or gays please.

ASG 1205
Southern California. Family getting prepared to survive the collapse that is coming whatever it may be. We are preparing for any and all. We are family minded — kids will be welcome. No Rambos, racists, gays or druggies.

ASG 1206
United States/Canada. Organization seeking other groups and individuals interested in networking, exchanging ideas, information, etc.

ASG 1207
Northern Virginia. Live Free Chapter of Northern Virginia looking for very low profile, law abiding new members. We would welcome all serious minded in VA, MD, and DC, or longer distance organizations to affiliate with. All replies held in strict confidence. No racists, religious nuts, etc.

ASG 1208
Lilburn, Georgia. 31-year-old white male seeking contact with survival minded groups or individuals. My area of expertise is weapons, psychological and physiological conditioning. I believe there is strength in numbers, so don't go it alone.

ASG 1209
Bridgeport, Connecticut. Couple in their late 20s seek a family oriented group or other couples of similar ages. If your family is the most important thing in your life and you have the desire for it to survive the coming changes in our world, we want to hear from you. No Rambos or religious fanatics please. All reasonable letters will be answered.

ASG 1210
Northeast Alabama. Family man, 37, active duty military, seeks other survival minded, hard working individuals, families, or groups that are interested in forming a cooperative, pooling resources, sharing labor and knowledge. We can protect our loved ones and maintain a decent standard of living. I have many concepts and skills that would be of interest to the right people.

ASG 1211
Columbus, Georgia. Single white male, 43, with five acres and home. Wish to hear from others with interests in alternate forms of energy, the "Old Mother Earth News" and other interests.

ASG 1212
Northern Utah, Southern Idaho. Established non-racial, nondenominational self sufficiency group. If

you're into survival, we don't care what religion you are, just live it. We don't care what race you are, just be proud of it — we are all on the same sinking ship. We offer a low profile, well organized production base, assistance in planning and local employment if desired. We produce and eat now, not just after the fact. Looking for realistic people. No extremists or hate mongers wanted. For info and a copy of our newsletter, please write.

ASG 1213
Denver, Colorado. White male, 20, wants to join Christian survivalist group in the Western States. I am self sufficient, and have the will to survive. I also want to learn new skills from people who are more knowledgeable than I am. If I could be a useful addition to your group, please reply promptly.

ASG 1214
Sikeston, Missouri. I am a 17-year-old single female who is very interested in all aspects of survival and the military, especially the Special Forces. I'm sick of that old fashioned idea that you can't be an attractive female and be interested in the military. All letters are welcome and will be answered.

ASG 1215
Northeast Ohio. Small family oriented survival group seeks a few new members. Families preferred, singles considered. All responses will be answered and held in the strictest confidence. Willing to network with other survival groups in northeast Ohio and western Pennsylvania.

ASG 1216
Arkansas, Texas. Survival minded Christian family wish to communicate with others who love God, country, and believe in our Constitutional rights. Planning to start network and newsletter to provide for exchange of information on facts, issues and training relating to survival and defensive living. No racists, gays, or crazies.

ASG 1217
West Virginia, Southwest Pennsylvania. Christian survivalist group wish to meet and help other survivalist groups or individuals. We can help each other survive what's coming. No alcoholics, druggies, nazis or commies. Will answer all serious inquiries.

ASG 1218
Salt Lake City, Utah. Wish to contact other LDS people to discuss various topics including survivalism in these last days. We believe our job is to keep civilization and the U.S. Constitution inviolate until the second coming. Mormon leadership has always predicted the fall of the U.S. Government, followed by internal civil wars, then anarchy.

ASG 1219
Texas Area. I'm a 21-year-old male in the Army looking to correspond with survivalists and find out more info about groups and survivalists in this on any area. Will reply to all serious mail.

Address response letter as follows:

American Survival Guide
ASG 0000 (Code Number, As Above)
2145 West La Palma Avenue
Anaheim, CA 92801

Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for results of these communications or for loss or delay of letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free. ●

Typographical Errors

I wanted to point out some small typographical errors in my article, "We The People Wake Up" on pages 72-74 of your October 1991 issue. The opening quotation by Thomas Paine regarding the Rights of Man were from a book by that name published, as you know, in Paris, France, in February of 1791 and in England in March of that same year, not 1971 as was incorrectly transcribed. The other error occurs on page 74 in the definition of the word "Totalitarianism," as given by the editors of *The Dictionary of Cultural Literacy*, 1988. They state that the term applies to fascist governments and to many communist governments. While I liked their definition as a whole, I took strong exception to the word "many" and inserted my word "all" in brackets to indicate that there is no such thing as a benign communist government. In the published text my insertion was in parentheses. Brackets would have made it clear it was my insertion. Communism is about totalitarian control of people, or it is not communism. I quote a world-class authority, V.I. Lenin: "The dictatorship of the proletariat is nothing else than power based upon force and limited by nothing — by no law and by absolutely no rule" (*Complete Works*, Vol. 18, page 361).

Raymond Steele

Wood Burning Hot Water Heater

In the September 1991 issue of *ASG* on page 50 there is a picture of a wood burning hot water heater. It looks like it's stainless steel. Where are these available?

Mike Butler
Los Angeles, California

The wood burning hot water heater you are referring to pictured on page 50 of the September issue was part of the article "100 Percent Survivalist" and was pictured as part of the self-sufficiency equipment contained in the survivalist homestead detailed in the article. The author, owner of this hot water heater, tells us that it was made in Mexico and was obtained from Real Goods Trading Corp., 966 Mazzoni Street, Ukiah, CA 95482; 1-800-725-7325. However, we checked with this dealer and were informed that these hot water heaters are not carried at present by them. Readers may inquire with Real Goods Trading Corp. to learn if the firm will have these available in the future.

MAIL CALL

Enemies of Freedom

The true enemies of freedom in this country are the people who control the mass media. In order to effectively combat them, we must hit them where it hurts, in the pocketbook. Boycotts of selected advertisers will work if, and only if, enough people can be mobilized to take part. In order to do that: 1) The organization calling for the boycott must have sufficient stature to gain the support of its followers. 2) The organization must be able to reach a substantial percentage of the people who use the products to be boycotted. Where do we go to find such a combination? The existing body of news letters and magazines which run counter to the likes of Time Warner Inc. are either too limited in circulation or lack an activist editorial stance. We need to reach people who will act when prodded. Like maybe all the people who bothered to vote in the last general election. As a systems analyst with recent experience in local government, I can tell you that building such a mailing list is not difficult, just expensive. Surely, somewhere out there is someone with the brains, bucks and guts to build the organization we need. Someone who is willing to tackle a project which could lead us to freedom from the chains of government and return the government to the chains of the Constitution.

Ed Waldron
Naples, Florida

Underground Shelters

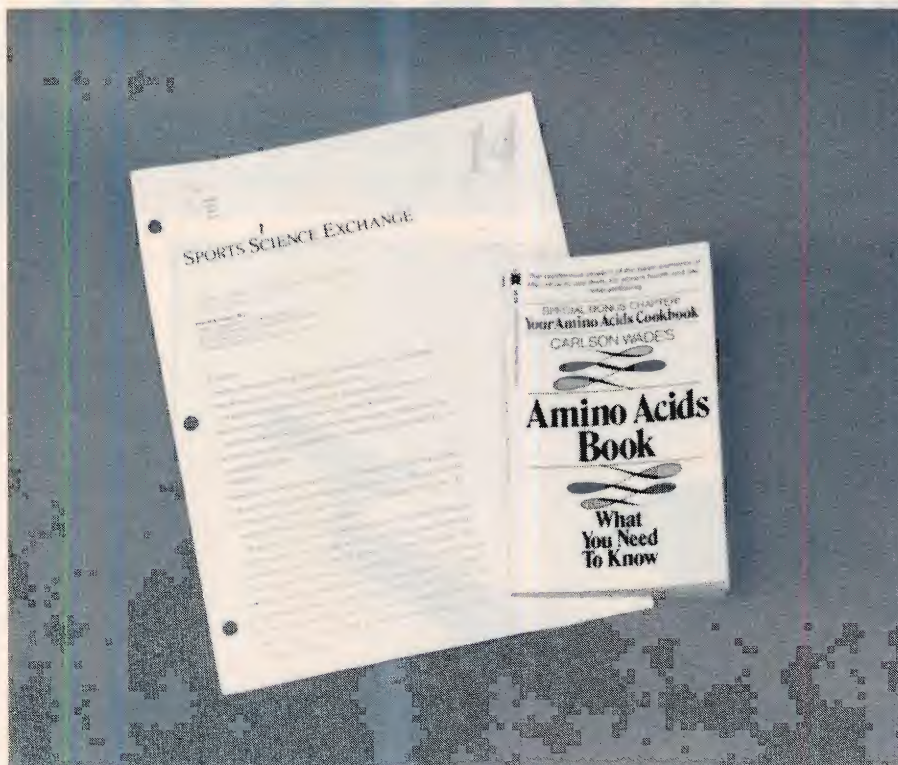
Regarding the article in the June 1991 issue on the ES-10 underground shelter: I'm glad to see some material on shelters. I'd like to see even more information on the subject of construction bunkers, hidden rooms, and underground or otherwise hidden dwellings. I do, however, wish to call your attention to some of the credentials listed for Mr. Walton W. McCarthy, designer and developer of the ES-10. The Union of Concerned Scientists is a very liberal

group of pacifist physicists and other scientists firmly opposed to nuclear power and American defense research. These are the people who have tried to shut down the Lawrence Livermore Laboratory. Physicians for Social Responsibility, headed by the incredible Australian radical Dr. Helen Caldicott, is a militantly left-wing group that consistently views the U.S. as the world's chief villain. The PSR stands for unilateral disarmament: in the early 1980s they saw our deployment of Pershing missiles in Europe as a far greater threat to peace than the Soviet Invasion of Afghanistan. I think your readers should know of the true nature of these organizations and assure themselves that companies like Subtech are truly on our side — I'd hate to discuss survival tactics or the locations of arms caches with someone whom I later found believed in socialist tenets of government.

Michael Wright
Redondo Beach, California

While we have similar views to yours of the Union of Concerned Scientists and PSR, we haven't had a chance to discuss them with Walton W. McCarthy. However, we note that while he lists himself as a member of these organizations, he is also involved with a number of other technical, scientific and political organizations and serves on the technical board for The American Civil Defense Association which publishes *The Journal of Civil Defense* and for which we have high regard. Whatever one may feel about McCarthy's political associations, we find the ES-10 shelter to be an interesting and worthwhile piece of survival equipment. McCarthy has also written an excellent book, *Principles of Protection*, U.S. Handbook of NBC Weapon Fundamentals and Shelter Engineering Design Standards, which is distributed by TACDA and which is reviewed in our Books and Videos section of this issue. Thanks for sharing your thoughts with us. ●

Are You Getting Enough Protein? (Continued from page 22)



Some of the sources for information about protein the author consulted. You may want to consult the latest edition of the *Recommended Dietary Allowances* published by the National Academy of Sciences.

athletes engaged in strength training.

Protein requirements for different adults and for children will vary. But here is evidence that increasing one's protein intake beyond the RDAs may be beneficial—at least in those people with more physically active lifestyles.

But protein is needed by your body for much more than physical endurance and strength. As Carlson Wade notes in his *Amino Acids Book, What You Need To Know*, (Keats Publishing, Inc., New Canaan, CT):

"Next to water, protein is the most plentiful substance in your body. If all the water were squeezed out of you, about half your dry weight would be protein. About a third of the protein is in the muscle, about a fifth in the bone and cartilage and about a tenth in the skin. The rest in the other tissues and body fluids."

The "building blocks of protein" are the amino acids. There are quite a few of these amino acids, but there are eight to 10, depending on which source you consult, which your body cannot produce from the foods you eat and which you must consume in certain foods to obtain.

Amino acids are found in all protein foods but they have to be "complete" or in complementary balance and in sufficient quantities and potencies, Wade states, so that they can work together in building and maintaining health.

All the amino acids can be obtained from plant—that is, vegetarian—sources, but they are more easily obtained in certain animal foods, such as milk, eggs, meat and fish.

For those people who prefer a vegetarian diet it may be necessary to combine certain foods in order to obtain complete protein.

Certain foods, such as eggs, meat and milk, which have proteins which are similar to the amino acid content of human tissues, are rated as having high nutritive value. Your body breaks down the proteins it gets to utilize the amino acids. If you do not get enough amino acids, your body begins to consume the amino acids in your tissues to meet its requirements.

The 10 important amino acids which are considered essential and which your body cannot manufacture and some of their functions are:

Valine—needed for mental vigor, muscle coordination and smooth functioning of the nervous system.

Lysine—required for most body growth factors, blood nourishment and

antibody formation to fight disease organisms.

Tryptophan—for rich, red blood, youthful skin and healthy hair. Helps in utilizing the B-complex vitamins and promotes better digestion as well as acting as an emotional stabilizer, stress reducer and sleep aid.

Methionine—needed by the cells of the kidneys and liver for regeneration, for strengthening hair follicles, removing poisonous wastes from the liver and numerous other functions.

Cystine—supplies an appreciable amount of insulin needed by the pancreas for assimilation of sugars and starches. Plays a role in body proteins such as hair and helps destroy damaging chemicals in the body.

Phenylalanine—required by the thyroid gland. Promotes healthy nerve activity and mental equilibrium. Acts as a powerful pain reliever.

Arginine—male seminal fluid contains as much as 80 percent of this substance. Helps detoxify poisonous wastes and filter out toxic substances. Believed to stimulate release of human growth hormone (HGH) by the pituitary gland in the brain. Helps the body burn fat.

Glutamic Acid—influences brain health and helps correct personality disorders.

Histidine—stimulates the auditory nerve for good hearing.

Threonine—needed for smooth functioning of the digestive and intestinal tracts. Helps improve assimilation and absorption of nutrients for overall health.

Protein and the amino acids it contains is essential, then, for a host of important, vital body functions so that the body's proper physiological activities and balance are maintained for optimum health. More is being learned every year as studies continue on the effects of protein/amino acids on health. There is far more which has been discovered about the health benefits of protein than can even be touched on in the space provided here.

Your local library, book stores and health food stores should have books on protein and health. If you have a health problem or health problems which you think may be helped by increasing your protein intake, it's worth the effort to study the subject and learn all you can about it. Consult your doctor before you make any significant changes in your diet. ●

Browning:

Hi-Power Mark III

Staff Evaluation

One of the most widely used and popular military and civilian 9mm pistols in the world...

THE Browning Hi-Power 9 mm Luger caliber semiautomatic pistol is one of the most extensively used military pistols in the world and is also very common in civilian hands in those countries where it is available.

This pistol was the last one developed by the American firearms design genius John Moses Browning. It was introduced in 1935 and has been made ever since by the Belgian arms maker Fabrique Nationale (FN), and has also been produced in Canada and Asia. It is distributed in the U.S. by Browning Arms Company, now simply called Browning, of Morgan, Utah.

The 13-shot (14 if a round is placed in the chamber), recoil-operated pistol, in its various forms, has been or is being used as a service weapon in numerous countries in Europe, Canada and China.

During World War II while the Germans occupied Belgium, large quantities of Hi-Powers were made for the Germans, who used it as a first-line weapon, because of its caliber, 9 millimeter Luger, which is the same caliber as the German P'08 Luger and P-38 pistols.

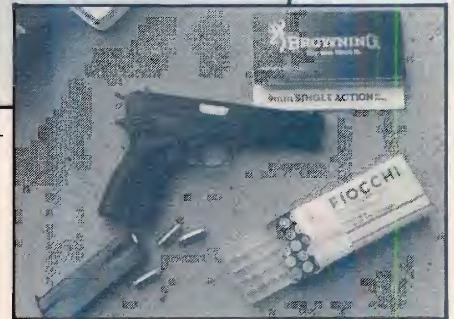
Today, Browning sells four versions of the Hi-Power, all but one of which are made in Belgium and assembled in Portugal. The Belgian manufactured models are the HP-Practical with stylish contrasting blued slide and silver chromed frame with Pachmayr wrap-around grips; the Hi-Power Standard Model with polished blued finish and fixed or adjustable sights; and the Mark III with non-glare matte blue corrosion-resistant finish, low profile fixed sights and two-piece molded matte blue plastic grips with ambidextrous thumb rest for use by either right- or left-handed shooters. All Hi-Powers now come with ambidextrous thumb-activated safety levers located on both sides of the frame. All these models are single-action semi-automatic pistols.

In addition, Browning is just releasing its new BDM double-action Hi-Power model, which, while made by



The Mark III is one of three single action Hi-Power models available from Browning.

Sights are simple fixed square notch rear and front post with white squares.



Browning in Utah, is a variation on the double-action Hi-Power produced by FN in Belgium.

We recently acquired a sample Mark III Hi-Power from Browning and have been impressed with the performance of this sleek, powerful handgun, some of the design features of which are incorporated in nearly every other 9 mm handgun on the market today.

The Hi-Power single actions are quite similar in design, operation and disassembly/reassembly to the Browning-

designed 1911 and 1911A1 pistols. All Hi-Powers are now made with an internal firing pin block safety, preventing firing unless the trigger is pulled all the way to the rear. And our Mark III also has the ambidextrous thumb safety which disengages the trigger and locks the slide, as well as a magazine safety, whereby removing the magazine also disengages the trigger, preventing the weapon from firing.

Sights are a simple fixed rear square notch with two white squares and a



Magazine holds 13 rounds. Two magazines are shipped with each gun.



Grip panels feature ambidextrous thumb rests for right- or left-handed shooters.



This target was "killed" with multiple shots to chest and head from 12 yards with the Mark III.

fixed front post/blade with white square, the white squares intended to serve as low light condition sighting aids.

The hammer has a full cock, half cock and dropped positions. The half cock position is designed to catch the hammer if it should slip from the operator's thumb while lowering it to the dropped position. For safety reasons, Browning specifically recommends against carrying the pistol with a round in the chamber, including the full

cocked position with safety engaged or the half cock position. It takes considerable force to thumb back the hammer, or to operate the slide, an added safety feature, but probably a disadvantage for those shooters with weaker hands. The smooth and consistent trigger pull is about 6 pounds.

Although the double-stack 13-round capacity magazine requires a somewhat wider grip for the Hi-Power than on single-stack 9 mm magazines, the grip does not seem particularly wide

and is comfortable. The ambidextrous thumb rests are a real plus for left-handed shooters and greatly aid in handling ease and comfort.

This all steel pistol (except for the grip panels) weighs in at about 2 pounds empty but its relatively compact size and shape make it well balanced and easy to handle and aim with.

We fired four types of 9 mm Luger ammunition in the Mark III: some AB brand 115-grain full metal jacketed and subsonic 147-grain jacketed hollow points; American Eagle brand 115-grain full metal jacketed rounds; and Fiocchi combat 123-grain truncated cone full metal jacketed cartridges.

Using our Oehler Model 35P chronograph we got the following mean velocities for this ammunition fired about 5 feet from the first skyscreen: AB 147-grain subsonic—1021 feet per second; AB 115-grain FMJ—1226 fps; American Eagle 115-grain FMJ—1163 fps; Fiocchi Combat 123-grain—1181 fps.

Using quick aimed fire and firing off hand from a standing position 12 yards from an Anatomy Man Triple Tap target (available from Lock & Load Distributors, Dept. ASG, 1790-10 East Market St., Suite 224, Harrisonburg, VA 22801; 703-289-6892), almost all of our hits were in the kill zones. Other shooting at targets out to 30 yards or so proved equally effective.

All rounds were fired through the Mark III without any malfunctions whatsoever.

The Mark III is a highly accurate handgun and lives up well to the Hi-Power reputation for firepower, accuracy and reliability. ●

Browning Hi-Power Mark III: Tech Specs

Caliber	9 mm Luger
Action/operation	semiautomatic, recoil
Lengths:	
Overall	7 3/4 inches
Barrel	4 21/32 inches
Height	5 inches
Width (at widest part of grips)	1 1/2 inches
Weight, unloaded	32 ounces
Magazine capacity	13 rounds
Rifling	6 grooves R.H., 1 in 10 inches
Sights	fixed square notch rear, front post with 3 white squares
Safeties	ambidextrous thumb, magazine
Finish	matte blue
Price, suggested retail	\$458.95
Distributor	Browning Route One, Dept. ASG Morgan, UT 84050 (801) 876-2711

Survival

Paintball: Sport

A look at the
game of
survivalism...



The author has been an avid paintball player for five years as well as a concerned survivalist. His article, "Combat Smarts" appeared in the September issue. He would like to see more survivalists become involved in paintball — The editors.

By Jayson R. Orvis

MIKE'S a survivalist, he says. His ASG magazine is on the coffee table beneath a box of Kleenex and a crumpled beer can. It's just another "survival Saturday" for Mike. He shouldn't have too much trouble surviving a lazy day of beer, Cheetos, and televised football.

Maybe during commercials he'll think about his food storage. But hey, Mike asks himself, what more can a survivalist do to prepare? There are no practice Armageddons.

Sports have been around since man first felt the need to hone hunting skills and improve battle prowess. Physical competition has kept people strong and ready to handle crisis. As survivalists interested in preparedness, we need a patron sport to keep us fit and alert.

As you've probably read in this magazine and seen elsewhere, "paintball tactical games" have become increasingly popular among survivalists and sportsmen.

The question remains. Can paintball fill the role as survivalism's favorite pastime? For many reasons I think it can.

While playing the game, personal defense skills and a sense of small group tactics is developed. There is little doubt that an experienced paintball player would have a strong advantage over someone inexperienced in combat, when push came to shove.

The paintball industry offers a wide spectrum of gun technology which parallels the variety found in true small arms weapons. On a paintball field, any given day, you'll see single-shot sniper rifles, revolvers, semi-autos, full-autos, pumps, and a vast range of paintball magazine capacities. Which-

ever type of gun you prefer to defend yourself with, you can practice with its paintball version any weekend.

While on the field, "paintballers" get the chance to consort with other like-minded people from diverse backgrounds. Your typical paintball grunt will probably be politically conservative and not shy of firearms. I've yet to meet a UC Berkeley grad in cammies with a paintball gun. Players are often interested in self defense and preparedness.

Survivalists and paintball enthusiasts are confronted with virtually the same obstacles. The uniformed public takes a dim view of both pursuits and misunderstands the participants.

Paintball players are no more war mongers than league softball players (and probably less violent). Likewise, the International Paintball Players Association (IPPA) fights alongside the NRA to preserve the besieged right to bear arms and own paintball guns. It's safe to say that the legal and governmental struggles of paintball are shared with survivalists.

In our complex society of luxuries and ideas, it is easy to lose touch with the hard realities of nature and survival. Most of our time is spent worrying about the second mortgage and office politics. A day on the paintball field lends a simple perspective and brings back to mind the basics of the outdoors.

If our system were to collapse, even temporarily, a weekend familiarity with these fundamentals would help prepare the survivalist for the shock of change.



On the paintball field, the actual fear of war can be felt. Occasionally, the paintball player stops to think about the fatal outcome had that last hit been real. Despite what the masses may say, paintball players and survivalists respect war and its horrors better than most others. Although there is no substitute for actual combat experience, paintball is the next best thing.

Paintball seems to be a sport perfectly tailored to survivalists. The field is the best place to prepare both physically and psychologically for the rigors of survival. In short, a survivalist fits on the paintball field like a football fan fits in a sports bar.

As a commercial sport, paintball has grown every year for several years. Paintball magazines can be found on many store magazine racks and there are presently several of these publications. There is a national tournament circuit that brings out the best teams annually. The tournaments are hosted by reputable fields and equipment manufacturers. The prizes run into the tens of thousands of dollars. Television coverage has been sparse as of yet, but it's easy to see how live filming of tournament finals would create a great spectator attraction.

Paintball is one of the very few new sports to come out of the United States in recent years. Its future looks promising. With increased popularity and wider publication, paintball will bring increased respectability to both the game and survivalism itself.

So now Mike, the survivalist, has a new pastime. Friday night he preps his Bushmaster SI paintgun and divides his paintballs up into bags of hundreds. His woodland camouflage is washed clean of the paint from two weeks ago and he's ready to go. Early Saturday morning he grabs his gear and joins his friends on the way to the local field. With the VCR set to record the day's football game, Mike will get a day of fun and gain combat survival experience. ●

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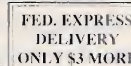
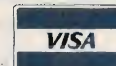
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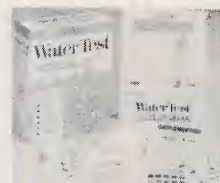
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Once you pull the locking pin and fire, a 70 psi blast of green dye shoots out from the canister to a distance of up to seven feet away. Within seconds after application, the dye foams up, obscuring the attacker's vision while not harming the eyes. As the attacker flees, the foam falls to the ground leaving a green trail from the scene and an unmistakable green stain on the attacker's face. The stain lasts up to seven days and can't be washed off.

We tested a canister of DYEWitness in the parking lot next to the ASG staff offices. For increased reality, we used as our target a plaster cast of the face of an ASG staff member. The plaster face was taped to a cardboard backing and then hung on a photo light stand.

From a distance of seven feet we sprayed the face and watched as the green dye transformed our plaster target into a molten mass of green foam — like something out of a swamp monster horror movie. After a few minutes all of the foam had slithered off the face leaving large puddles of green dye on the ground.

A few staff members applied dye to their fingers and arms and then tried to wash it off. While the heavy dark concentration of green dye color washed away, a lighter tint of green still remained no matter how hard or long they scrubbed. The remaining green stain would still be easily identified by police and provide evidence that the suspect was at the scene of the crime.

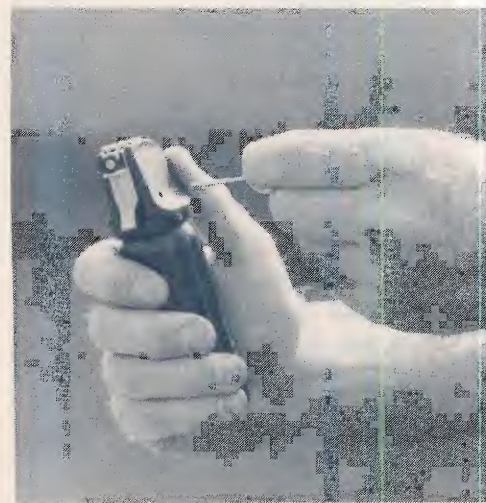
Since DYEWitness is not a weapon but a deterrent, it, like other self defense products, should not be wholly relied upon to save yourself from physical attack. The manufacturers recommend that you discharge the entire contents of the can at the attacker's face and then break free and call for help.

DYEWitness Criminal Identifier can be ordered for \$39.95 by calling (713) 855-9944. DYEWitness, 5310 Lerwick Drive, Dept. ASG, Houston, TX 77084. ●

A new defense spray that temporarily blinds an attacker while dyeing him green...



The DYEWitness 50 gram canister is small enough to fit in purse or jacket pocket.



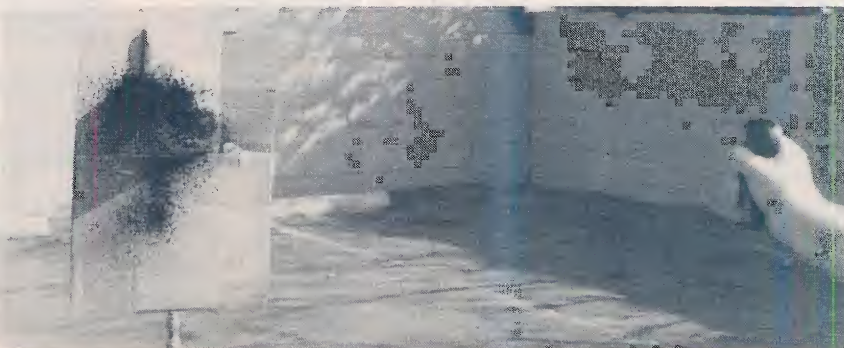
Remove the plastic tab on top after purchase. Then when a situation appears dangerous pull the locking pin. To fire, pull back on the trigger until can is empty.



Our target was a three dimensional plaster cast of one of our staff members.



The dye foams up and causes temporary blindness. If the attacker wipes his eyes, he's got dye on his hands also.



From seven feet we had no problem "greening" our target.

NITRO-PAK

Preparedness Center

Expanding Again:

One of America's most successful emergency preparedness businesses moves to a new, larger headquarters with expanded and upgraded computerized ordering & inventory systems. . .



NITRO-PAK's new retail store and warehouse facility has triple the space of the firm's previous headquarters.

By Jim Benson

IT all started with Harry Weyandt's religious and personal belief in the need to "be prepared."

As he became involved in his personal preparedness program, friends asked his help in acquiring their own food reserves and emergency equipment. From this humble beginning, Harry Weyandt and his wife Vickie started a small business dealing in emergency storage food and prepared-



Harry and Vickie Weyandt's business is a quest to help others gain greater security and peace of mind.

ness products some seven years ago. It has evolved today into NITRO-PAK Preparedness Center, one of America's largest and most successful retail and



Part of the merchandise displayed in the new retail store.

mail order preparedness companies.

They have just expanded yet another time and have moved to a new, larger facility, triple the size of their previous headquarters, with upgraded and com-

NITRO-PAK Preparedness Center



Customer Service Representative Diana Berwick works on a customer's telephone order.

puterized ordering and inventory systems to ensure fast processing of orders.

Customer service and satisfaction is a hallmark of NITRO-PAK's business philosophy. Every product is thoroughly tested and evaluated before it reaches the pages of their catalogs. NITRO-PAK's current catalog is 84 pages and packed with hundreds of items to insure your survival and self sufficiency in any imaginable emergency situation (the catalog is available for \$3 sent to NITRO-PAK at the new address listed at the end of this article, or is included free with an order). NITRO-PAK guarantees its customers the lowest prices and best value for their money, says Harry, who still takes time to personally attend to the questions of customers whenever he can. You can always count on having your questions answered in a prompt and courteous manner. For the Weyandts, their business is not just a livelihood but a passion and a quest to help others gain greater security and peace of mind.

NITRO-PAK prides itself on the variety and freshness of their storage foods. Perhaps one of NITRO-PAK's best values is their prepackaged storage food units in both low-moisture and freeze-dried foods. Several sizes are



Warehouse Manager Tom Weyandt and other employees working in new, larger warehouse at NITRO-PAK.



Just a few of the many books and videos on preparedness available from NITRO-PAK.

available, from short-term emergencies (job loss, natural disasters, etc.) to longer-term trouble with complete year's supply food units, to meet the varying needs of different people on different budgets.

All NITRO-PAK storage foods are packed in top quality double enameled cans to insure the freshest tasting and longest storage possible. The ASG staff has tried their premium quality foods and found them to be of excellent quality and good tasting. We have some of NITRO-PAK's storage foods incorporated into our personal food reserves — reserves which we regard as our survival insurance policies.

Most of these foods have a shelf life of between 8 and 12 years, depending on the item and temperature stored at (the cooler the better). They also offer a good selection of double-sealed bulk grains in plastic buckets as well as a full selection of popular military MREs (meals ready to eat).

Additionally, NITRO-PAK specializes in emergency supplies and survival kits for businesses, schools and government agencies as well as for individuals and has developed several off-the-shelf and customized 72-hour kits for a variety of emergency uses. They also offer water storage containers and filters, first aid kits, personal protection items and a wide selection of preparedness books and videos.

These are just some of many self-reliance products available in the NITRO-PAK catalog and new retail store. Besides being valuable for your own purposes, many of these products make great gifts for loved ones and



Lighting equipment on display.



Some of the types of storage food available from NITRO-PAK.

friends.

"With today's ever-increasing number of natural and man-made disasters plus the problems of job losses, drought, depression/recession, bank closures, etc., there has never been a better time to be prepared!" says Harry. "Our company's reputation for honest value, integrity, quality products and superior service is unsurpassed."

Visitors from all over the U.S. and Canada stop into NITRO-PAK's showroom while visiting southern California. Harry Weyandt says it's not uncommon for such visitors to spend hours looking over and purchasing things to bring back home with them.

These visitors will be pleasantly surprised to see the new and much larger facilities now occupied by NITRO-PAK. Stop in for a visit if you come to the Los Angeles area, or order their latest catalog for just \$3. Contact NITRO-PAK Preparedness Center, Dept. ASG, 13309 Rosecrans Ave., Santa Fe Springs, CA 90670; phone (213) 802-0099. ●

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AND SLASHING
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NEEDLE-SHARP
POINT FOR
PENETRATION

5/16"

Top View of Recon Scout®
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Recon Scout is a full 5/16"
thick and over 1 1/4" longer
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world-famous Cold Steel Trail Master®, but with a handsome black, baked-on epoxy coat and a superb high cantled edge that's buffed to razor sharpness. Both of these changes are real advantages in a combat environment. The hard black finish keeps light reflection to a minimum and helps control rust, while the cantled edge is very durable and easy to re-sharpen in the field.

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